



Chocolate-Peanut Butter Bars

READY IN



156 min.

SERVINGS



24

CALORIES



180 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 1 tablespoon canola oil
- 0.8 cup creamy peanut butter reduced-fat
- 0.8 cup brown sugar dark packed
- 1 large eggs
- 1 large egg white
- 1 cup flour all-purpose
- 0.8 cup granulated sugar
- 0.3 teaspoon salt

- 0.7 cup semi chocolate chips
- 6 tablespoons butter unsalted softened

Equipment

- bowl
- oven
- knife
- whisk
- wire rack
- blender
- double boiler
- baking pan
- measuring cup

Directions

- Preheat oven to 35
- Place first 4 ingredients in a large bowl; beat with a mixer at medium speed until well blended (about 2 minutes).
- Add peanut butter, beating well. Beat in egg and egg white.
- Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, baking powder, and salt, stirring with a whisk. Gradually add flour mixture to peanut butter mixture, beating until blended (batter will be thick).
- Spread batter evenly in a 13 x 9-inch metal baking pan coated with cooking spray.
- Bake at 350 for 26 to 28 minutes or until a wooden pick inserted in center comes out clean.
- Place chocolate in the top of a double boiler set over slightly simmering water; melt chocolate chips, stirring until smooth.
- Spread chocolate evenly over top. Cool completely on a wire rack.
- Cut into bars.

Nutrition Facts



■ PROTEIN 6.69% ■ FAT 47.14% ■ CARBS 46.17%

Properties

Glycemic Index:10.46, Glycemic Load:7.48, Inflammation Score:-2, Nutrition Score:3.6239130263743%

Nutrients (% of daily need)

Calories: 180.26kcal (9.01%), Fat: 9.73g (14.97%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 20.51g (7.46%), Sugar: 15.62g (17.36%), Cholesterol: 15.57mg (5.19%), Sodium: 84.7mg (3.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 3.11g (6.22%), Manganese: 0.23mg (11.28%), Vitamin B3: 1.43mg (7.17%), Vitamin E: 0.97mg (6.48%), Magnesium: 24.71mg (6.18%), Phosphorus: 55.05mg (5.51%), Copper: 0.11mg (5.49%), Selenium: 3.59µg (5.12%), Iron: 0.81mg (4.48%), Folate: 17.67µg (4.42%), Fiber: 0.93g (3.71%), Vitamin B1: 0.05mg (3.65%), Vitamin B2: 0.06mg (3.62%), Zinc: 0.41mg (2.71%), Potassium: 94.66mg (2.7%), Calcium: 25.51mg (2.55%), Vitamin B6: 0.05mg (2.32%), Vitamin A: 101.21IU (2.02%), Vitamin B5: 0.17mg (1.71%), Vitamin K: 1.07µg (1.02%)