



Chocolate Peanut Butter Bars I

READY IN



45 min.

SERVINGS



36

CALORIES



205 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.7 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 1.3 cups confectioners' sugar
- ☐ 0.8 cup dry-roasted peanuts unsalted chopped
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups peanut butter

- ☐ 0.3 teaspoon salt
- ☐ 2 cups semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ To make Pastry: Cream together 2/3 cup butter and brown sugar. Stir in the flour, baking powder, salt, and baking soda until well blended.
- ☐ Separate the eggs and beat in the yolks.
- ☐ Add in 1/2 teaspoon vanilla and mix well.
- ☐ Press mixture into the bottom of a 9 x 13 inch pan.
- ☐ Bake for 12 minutes or until golden brown.
- ☐ To make the Topping: In a medium bowl, mix together the powdered sugar, chopped peanuts, peanut butter, egg whites, and 1/2 teaspoon of vanilla. Melt 1/4 cup of butter or margarine and stir into mixture.
- ☐ Turn off oven and remove pan.
- ☐ Let cool for about 2 minutes.
- ☐ Spread topping over pastry.
- ☐ Sprinkle chocolate chips over topping and return to warm oven for 2 or 3 minutes.
- ☐ Spread chocolate over topping, like a frosting.
- ☐ Let cool before cutting.

Nutrition Facts



 PROTEIN **8.97%**  FAT **52.61%**  CARBS **38.42%**

Properties

Glycemic Index:6.42, Glycemic Load:3.15, Inflammation Score:-3, Nutrition Score:5.3230435005997%

Nutrients (% of daily need)

Calories: 205.32kcal (10.27%), Fat: 12.38g (19.04%), Saturated Fat: 4.41g (27.58%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 18.61g (6.77%), Sugar: 12.86g (14.29%), Cholesterol: 13.08mg (4.36%), Sodium: 104.87mg (4.56%), Alcohol: 0.02g (100%), Alcohol %: 0.06% (100%), Caffeine: 8.6mg (2.87%), Protein: 4.75g (9.49%), Manganese: 0.4mg (20.04%), Vitamin B3: 2.28mg (11.41%), Magnesium: 42.74mg (10.68%), Copper: 0.2mg (10.08%), Phosphorus: 86.44mg (8.64%), Vitamin E: 1.1mg (7.36%), Fiber: 1.73g (6.91%), Iron: 1.21mg (6.72%), Folate: 23.85µg (5.96%), Selenium: 4.11µg (5.88%), Vitamin B1: 0.07mg (4.64%), Zinc: 0.67mg (4.47%), Potassium: 155.86mg (4.45%), Vitamin B2: 0.07mg (3.9%), Vitamin B6: 0.07mg (3.35%), Vitamin B5: 0.25mg (2.54%), Calcium: 23.74mg (2.37%), Vitamin A: 57.59IU (1.15%)