



Chocolate Peanut Butter Bars II



Gluten Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



316 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 2.5 cups confectioners' sugar
- ☐ 2 cups peanut butter
- ☐ 2 cups semi chocolate chips
- ☐ 1 teaspoon vanilla extract

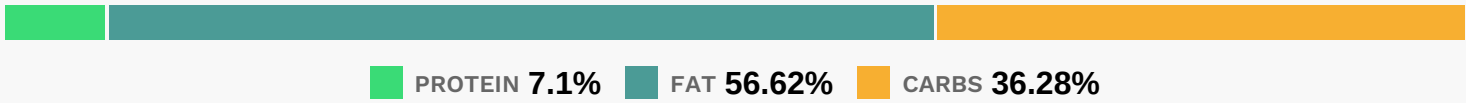
Equipment

- ☐ baking pan

Directions

- ☐ Melt butter or margarine over low heat.
- ☐ Add sugars, peanut butter and vanilla.
- ☐ Mix well.
- ☐ Press into a 9 x 13 inch pan.
- ☐ Melt chocolate chips and spread over the top. Cool.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:6.6821738611097%

Nutrients (% of daily need)

Calories: 315.63kcal (15.78%), Fat: 20.57g (31.64%), Saturated Fat: 7.91g (49.42%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 27.42g (9.97%), Sugar: 24.46g (27.18%), Cholesterol: 11.07mg (3.69%), Sodium: 125.69mg (5.46%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Caffeine: 12.9mg (4.3%), Protein: 5.8g (11.6%), Manganese: 0.52mg (25.89%), Magnesium: 63.26mg (15.82%), Vitamin B3: 2.99mg (14.96%), Vitamin E: 2.16mg (14.38%), Copper: 0.28mg (14.03%), Phosphorus: 113.21mg (11.32%), Fiber: 2.23g (8.93%), Iron: 1.36mg (7.56%), Zinc: 0.95mg (6.34%), Potassium: 214.04mg (6.12%), Vitamin B6: 0.1mg (5.13%), Folate: 18.68µg (4.67%), Selenium: 2.32µg (3.31%), Vitamin B2: 0.05mg (3.09%), Vitamin B5: 0.28mg (2.84%), Vitamin A: 125.68IU (2.51%), Calcium: 24.92mg (2.49%), Vitamin B1: 0.03mg (2.31%), Vitamin K: 1.48µg (1.41%)