

Chocolate Peanut Butter Bars IV

 Popular

READY IN



45 min.

SERVINGS



15

CALORIES



495 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup butter melted
- 2.8 cups confectioners' sugar
- 2.5 cups graham cracker crumbs
- 1 cup peanut butter
- 2 cups semi chocolate chips

Equipment

- bowl
- frying pan

double boiler

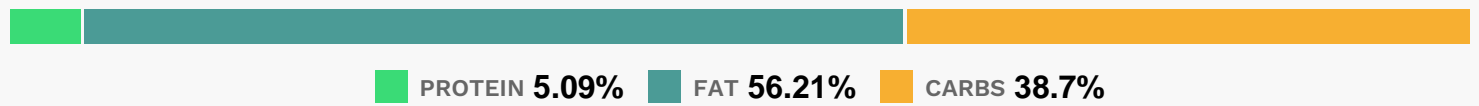
microwave

Directions

In a medium bowl, stir together graham cracker crumbs, confectioners' sugar, peanut butter and melted butter. Press firmly into the bottom of a 9x13 inch pan. Melt chocolate chips over a double boiler or in the microwave, stirring occasionally.

Spread melted chocolate over the crumb crust. Chill for about 5 minutes, then cut into bars before the chocolate is completely set, then chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:7.97, Inflammation Score:-5, Nutrition Score:8.5473912021388%

Nutrients (% of daily need)

Calories: 495.09kcal (24.75%), Fat: 31.66g (48.7%), Saturated Fat: 15.02g (93.88%), Carbohydrates: 49.05g (16.35%), Net Carbohydrates: 45.83g (16.66%), Sugar: 35.36g (39.29%), Cholesterol: 33.98mg (11.33%), Sodium: 266.2mg (11.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 20.64mg (6.88%), Protein: 6.45g (12.89%), Manganese: 0.57mg (28.55%), Magnesium: 79.87mg (19.97%), Copper: 0.38mg (18.88%), Phosphorus: 152.62mg (15.26%), Vitamin B3: 3.02mg (15.12%), Vitamin E: 2.06mg (13.73%), Iron: 2.41mg (13.38%), Fiber: 3.22g (12.89%), Zinc: 1.36mg (9.07%), Vitamin A: 390.18IU (7.8%), Potassium: 261.94mg (7.48%), Folate: 21.69µg (5.42%), Vitamin B2: 0.09mg (5.15%), Vitamin B6: 0.1mg (4.95%), Selenium: 3µg (4.29%), Vitamin B1: 0.06mg (4.27%), Calcium: 38.22mg (3.82%), Vitamin B5: 0.27mg (2.71%), Vitamin K: 2.84µg (2.7%), Vitamin B12: 0.07µg (1.15%)