



Chocolate Peanut Butter Bars with Hot Fudge Sauce

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



698 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3.5 oz fine-quality bittersweet chocolate unsweetened chopped (not)
- ☐ 3 tablespoons brown sugar packed
- ☐ 0.8 cup confectioners sugar
- ☐ 3 tablespoons plus light
- ☐ 4 oz cream cheese softened
- ☐ 0.5 cup creamy peanut butter (not "natural")
- ☐ 4 oz dry-roasted peanuts salted

- ☐ 2 tablespoons dutch-process cocoa powder unsweetened
- ☐ 3 large eggs lightly beaten
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 cup heavy cream
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup butter unsalted cold cut into pieces
- ☐ 0.5 teaspoon vanilla
- ☐ 8 servings vegetable oil for greasing pan

Equipment

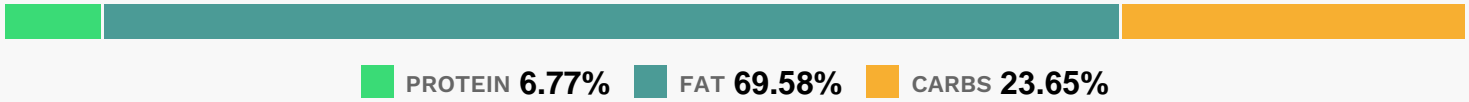
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ double boiler
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F. Line a 9-inch square baking pan with foil, allowing 2 inches of foil to hang over 2 opposite ends of pan, and lightly brush foil (except overhang) with oil.
- ☐ Melt chocolate with butter, sugar, and salt in a double boiler or a large metal bowl set over a pan of barely simmering water, whisking occasionally, until smooth.
- ☐ Remove top of double boiler or bowl from heat and whisk in eggs and vanilla, then stir in peanuts.
- ☐ Pour batter into baking pan and bake until set and edges are slightly puffed, about 15 minutes.

- ☐ Transfer cake in pan to a rack to cool completely.
- ☐ Beat cream cheese, peanut butter, confectioners sugar, and salt in a bowl with an electric mixer at medium speed until combined well, about 4 minutes.
- ☐ Beat cream with vanilla in a bowl with cleaned beaters at medium-high speed until it just holds stiff peaks, then gently fold into peanut butter mixture until just combined.
- ☐ Spread mixture evenly on top of chocolate layer and freeze, pan covered with foil, until firm, about 2 hours.
- ☐ Bring cream, syrup, sugar, cocoa, salt, and chocolate to a boil in a 1-quart heavy saucepan over moderate heat, stirring until chocolate is melted. Reduce heat and simmer, stirring frequently, until thickened, about 3 minutes, then remove from heat. Stir in vanilla until incorporated. Cool sauce to warm.
- ☐ Carefully lift cake from pan by grasping overhang. Trim 1/4 inch from edges of cake and discard, then cut into 8 bars. Peel off foil and serve bars with sauce.
- ☐ Hot fudge sauce can be made 1 week ahead and cooled completely, then chilled in an airtight container or jar. Reheat before using. Leftover bars can be frozen, individually wrapped in plastic wrap, up to 4 days.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:6.17, Inflammation Score:-6, Nutrition Score:13.50000019987%

Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 697.62kcal (34.88%), Fat: 55.9g (86%), Saturated Fat: 20.69g (129.29%), Carbohydrates: 42.74g (14.25%), Net Carbohydrates: 39.25g (14.27%), Sugar: 35.14g (39.05%), Cholesterol: 126.52mg (42.17%), Sodium: 286.78mg (12.47%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Caffeine: 13.54mg (4.51%), Protein: 12.24g (24.49%), Manganese: 0.79mg (39.72%), Vitamin K: 28.38µg (27.03%), Vitamin E: 3.43mg (22.85%), Vitamin B3: 4.44mg (22.19%), Phosphorus: 212.59mg (21.26%), Magnesium: 84.15mg (21.04%), Copper: 0.39mg (19.33%), Vitamin A: 798.14IU (15.96%), Selenium: 10.58µg (15.11%), Fiber: 3.49g (13.96%), Vitamin B2: 0.2mg (11.6%), Iron: 1.96mg (10.9%), Folate: 43.08µg (10.77%), Potassium: 354.48mg (10.13%), Zinc: 1.5mg (9.97%), Vitamin B5: 0.82mg (8.24%), Vitamin

B6: 0.16mg (7.96%), Calcium: 70.62mg (7.06%), Vitamin B1: 0.09mg (6.03%), Vitamin D: 0.75µg (4.98%), Vitamin B12: 0.26µg (4.34%)