



Chocolate Peanut Butter Brownies

READY IN



45 min.

SERVINGS



20

CALORIES



229 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 0.5 cup brown sugar
- 0.5 cup butter softened
- 0.7 cup confectioners' sugar
- 1 eggs
- 1 cup flour all-purpose
- 0.5 cup milk
- 0.5 cup milk chocolate chips
- 0.7 cup peanut butter

- 1 pinch salt
- 0.3 cup shortening
- 1 teaspoon vanilla extract
- 0.8 cup non-dairy whipped topping frozen thawed
- 0.5 cup sugar white

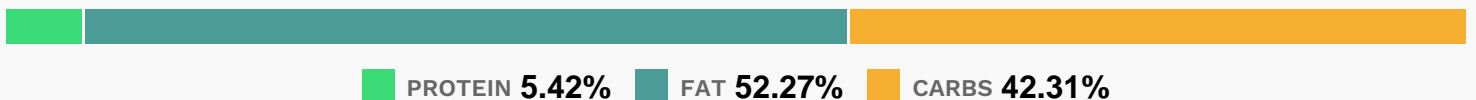
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat the oven to 325 degrees F (165 degrees C). Grease a 9x9 inch baking pan.
- In a medium bowl, blend together the butter, 1/2 cup peanut butter, white sugar, brown sugar, egg and 1 teaspoon of vanilla until smooth.
- Combine the flour, baking soda and salt; stir into the sugar mixture.
- Spread evenly into the prepared pan.
- Bake for 20 minutes in the preheated oven, until firm.
- Remove from the oven and sprinkle with chocolate chips.
- Let stand for a minute, then spread the chips to form a layer.
- To make the topping, blend together the 2/3 cup peanut butter, confectioners' sugar and shortening. Gradually stir in the milk and 1 teaspoon vanilla. Gently mix in the whipped topping. Chill. When brownies and topping are both cooled, spread topping onto brownies and cut into bars.

Nutrition Facts



Properties

Glycemic Index:12.35, Glycemic Load:7.26, Inflammation Score:-2, Nutrition Score:3.4230434687241%

Nutrients (% of daily need)

Calories: 229.33kcal (11.47%), Fat: 13.7g (21.07%), Saturated Fat: 5.74g (35.87%), Carbohydrates: 24.94g (8.31%), Net Carbohydrates: 24.36g (8.86%), Sugar: 18.72g (20.8%), Cholesterol: 21.17mg (7.06%), Sodium: 112.06mg (4.87%), Alcohol: 0.07g (100%), Alcohol %: 0.16% (100%), Protein: 3.2g (6.39%), Manganese: 0.17mg (8.7%), Vitamin B3: 1.53mg (7.66%), Vitamin E: 1.12mg (7.44%), Folate: 20.18µg (5.04%), Selenium: 3.51µg (5.01%), Phosphorus: 50.1mg (5.01%), Vitamin B1: 0.07mg (4.44%), Magnesium: 17.73mg (4.43%), Vitamin B2: 0.07mg (4.24%), Vitamin A: 165.66IU (3.31%), Iron: 0.53mg (2.93%), Potassium: 92.23mg (2.64%), Vitamin B6: 0.05mg (2.57%), Copper: 0.05mg (2.52%), Calcium: 25.16mg (2.52%), Fiber: 0.58g (2.33%), Zinc: 0.33mg (2.18%), Vitamin B5: 0.21mg (2.06%), Vitamin K: 1.92µg (1.83%), Vitamin B12: 0.07µg (1.13%)