



## Chocolate-Peanut Butter Cookie Bars

READY IN



340 min.

SERVINGS



32

CALORIES



195 kcal

DESSERT

### Ingredients

- 0.5 cup butter melted
- 1 cup creamy peanut butter
- 1 pkg chocolate cake mix (2-layer size)
- 3.9 oz jell-o chocolate flavor pudding instant
- 0.5 cup milk
- 1 cup planters roasted peanuts dry divided
- 4 oz baker's semi-sweet chocolate divided chopped (6 oz.)

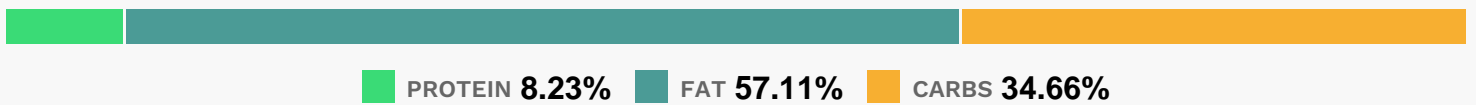
### Equipment

- bowl
- frying pan
- oven
- blender
- aluminum foil
- microwave
- spatula

## Directions

- Heat oven to 350F.
- Line 13x9-inch pan with foil; spray with cooking spray. Beat first 4 ingredients with mixer until well blended. (Dough will be thick.) Press half onto bottom of prepared pan.
- Bake 10 min.
- Sprinkle half each of the chopped chocolate and nuts over crust. Microwave peanut butter in small microwaveable bowl on HIGH 1 min., stirring after 30 sec.; spread over nuts.
- Roll remaining dough into 13x9-inch rectangle between 2 sheets of waxed paper. Peel back top layer of waxed paper; flip dough onto top of dessert.
- Remove remaining waxed paper.
- Sprinkle with remaining chocolate and nuts; press gently into dough with spatula.
- Bake 15 min. Cool 1 hour. Refrigerate 4 hours before cutting into bars.

## Nutrition Facts



## Properties

Glycemic Index:3.19, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:4.7452173790206%

## Nutrients (% of daily need)

Calories: 194.73kcal (9.74%), Fat: 12.98g (19.97%), Saturated Fat: 4.32g (27%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 16.21g (5.9%), Sugar: 10.08g (11.2%), Cholesterol: 8.3mg (2.77%), Sodium: 239.16mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.77mg (1.59%), Protein: 4.21g (8.41%), Manganese: 0.31mg (15.29%),

Vitamin B3: 2.01mg (10.03%), Phosphorus: 97.2mg (9.72%), Magnesium: 36.63mg (9.16%), Copper: 0.16mg (8.22%),  
Vitamin E: 1.22mg (8.15%), Iron: 1.09mg (6.06%), Fiber: 1.51g (6.05%), Folate: 20.06µg (5.02%), Potassium: 154.56mg  
(4.42%), Selenium: 2.93µg (4.19%), Zinc: 0.58mg (3.85%), Calcium: 35.07mg (3.51%), Vitamin B6: 0.07mg (3.35%),  
Vitamin B2: 0.06mg (3.31%), Vitamin B1: 0.05mg (3%), Vitamin B5: 0.2mg (1.99%), Vitamin A: 96.99IU (1.94%),  
Vitamin K: 1.1µg (1.05%)