



WHATSheATE



Chocolate-Peanut Butter Dream Bars

🤍 Popular

READY IN



125 min.

SERVINGS



24

CALORIES



294 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 oz baker's chocolate melted
- ☐ 1 pouch basic cookie mix chunk betty crocker® (1 lb 1.5 oz)
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 cup roasted peanuts unsalted
- ☐ 1 eggs
- ☐ 0.3 cup milk
- ☐ 9 oz peanut butter candy pieces miniature chopped

- ☐ 2 tablespoons strong coffee decoction cold brewed
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup vegetable oil
- ☐ 8 oz non-dairy whipped topping frozen thawed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 350°F. In large bowl, stir cookie base ingredients until soft dough forms.
- ☐ Spread dough in bottom of ungreased 13x9-inch pan.
- ☐ Bake 12 to 15 minutes or just until set. Cool completely, about 30 minutes.
- ☐ In large bowl, beat cream cheese and 1/4 cup sugar with electric mixer on medium speed until smooth. Fold in whipped topping and candies.
- ☐ Spread over cooled cookie base.
- ☐ In small microwavable bowl, beat peanut butter, milk and 2 tablespoons sugar with wire whisk until smooth. Microwave uncovered on High 30 to 60 seconds, stirring after 30 seconds, to thin for drizzling.
- ☐ Drizzle mixture over filling.
- ☐ Drizzle with melted chocolate.
- ☐ Sprinkle with peanuts. Refrigerate about 1 hour or until set. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



 PROTEIN **7.98%**  FAT **54%**  CARBS **38.02%**

Properties

Glycemic Index:8.38, Glycemic Load:4.1, Inflammation Score:-3, Nutrition Score:5.5326086360475%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 294.08kcal (14.7%), Fat: 18.11g (27.86%), Saturated Fat: 7.36g (45.98%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 26.59g (9.67%), Sugar: 19.42g (21.57%), Cholesterol: 16.86mg (5.62%), Sodium: 121.13mg (5.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.33mg (1.11%), Protein: 6.02g (12.05%), Manganese: 0.45mg (22.46%), Copper: 0.21mg (10.69%), Vitamin B3: 2.06mg (10.31%), Magnesium: 37.78mg (9.44%), Phosphorus: 92.17mg (9.22%), Fiber: 2.1g (8.41%), Iron: 0.98mg (5.45%), Vitamin K: 5.67µg (5.4%), Vitamin B2: 0.09mg (5.07%), Zinc: 0.74mg (4.96%), Potassium: 168.23mg (4.81%), Folate: 18.84µg (4.71%), Vitamin E: 0.7mg (4.66%), Vitamin B1: 0.06mg (3.97%), Calcium: 38.38mg (3.84%), Selenium: 2.6µg (3.71%), Vitamin A: 147.92IU (2.96%), Vitamin B5: 0.28mg (2.79%), Vitamin B6: 0.05mg (2.6%), Vitamin B12: 0.08µg (1.36%)