



Chocolate Peanut Butter Squares

READY IN



45 min.

SERVINGS



36

CALORIES



204 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup butter
- ☐ 4 cups confectioners' sugar
- ☐ 1.5 cups graham cracker crumbs
- ☐ 2 cups peanut butter
- ☐ 1 cup semi chocolate chips

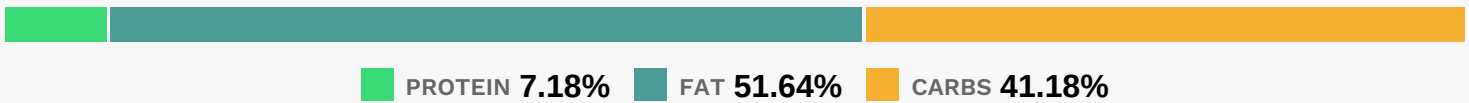
Equipment

- ☐ frying pan

Directions

- ☐ Melt 1 cup butter or margarine over low heat.
- ☐ Remove from heat and stir in confectioners' sugar, peanut butter and graham cracker crumbs.
- ☐ Spread mixture in a jelly roll pan. Pat down evenly.
- ☐ To Make Topping: Melt together 1/2 cup butter or margarine with 1 cup chocolate chips.
- ☐ Spread this mixture over peanut butter mixture. Refrigerate 1/2 hour.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:2.24, Inflammation Score:-2, Nutrition Score:3.9160869814779%

Nutrients (% of daily need)

Calories: 203.83kcal (10.19%), Fat: 12.15g (18.69%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 20.59g (7.49%), Sugar: 17.19g (19.1%), Cholesterol: 7.08mg (2.36%), Sodium: 105.59mg (4.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 3.8g (7.6%), Manganese: 0.28mg (13.85%), Vitamin B3: 2.08mg (10.41%), Vitamin E: 1.41mg (9.39%), Magnesium: 35.15mg (8.79%), Phosphorus: 69.42mg (6.94%), Copper: 0.12mg (6.23%), Fiber: 1.21g (4.83%), Iron: 0.72mg (3.98%), Zinc: 0.57mg (3.79%), Folate: 14.03µg (3.51%), Vitamin B6: 0.07mg (3.45%), Potassium: 116.41mg (3.33%), Vitamin B2: 0.04mg (2.46%), Vitamin B1: 0.03mg (1.97%), Vitamin B5: 0.17mg (1.7%), Vitamin A: 81.29IU (1.63%), Selenium: 1.12µg (1.6%), Calcium: 13.78mg (1.38%)