



## Chocolate-Topped Peanut Butter-Bacon Bars



Dairy Free



Popular

READY IN



95 min.

SERVINGS



16

CALORIES



296 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 1 pouch peanut butter sandwich cookie crumbs
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons maple syrup
- ☐ 1 eggs
- ☐ 0.8 cup bacon crumbled cooked
- ☐ 0.5 cup peanuts chopped
- ☐ 6 oz semi chocolate chips

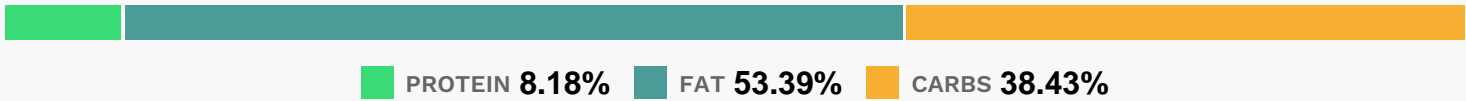
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 350°F. Lightly spray 9- or 8-inch square pan with cooking spray.
- ☐ In large bowl, stir together cookie mix, oil, syrup and egg until soft dough forms. Reserve 1/4 cup bacon for garnish. Stir remaining bacon and peanuts into dough. Press evenly in pan.
- ☐ Bake 20 to 25 mintues or until golden brown.
- ☐ Remove from oven; sprinkle with chocolate chips. Return to oven; bake 1 minute. Immediately spread chocolate over bars.
- ☐ Sprinkle reserved 1/4 cup bacon over chocolate. Cool completely, about 1 hour or until chocolate is set.
- ☐ For bars, cut into 4 rows by 4 rows. Store tightly covered in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:3.17, Glycemic Load:0.66, Inflammation Score:-1, Nutrition Score:4.807391386965%

## Nutrients (% of daily need)

Calories: 296.04kcal (14.8%), Fat: 17.98g (27.66%), Saturated Fat: 5.21g (32.57%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 26.73g (9.72%), Sugar: 17.59g (19.54%), Cholesterol: 16.11mg (5.37%), Sodium: 349.82mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 6.2g (12.4%), Manganese: 0.32mg (16.04%), Fiber: 2.39g (9.56%), Copper: 0.18mg (9.06%), Vitamin K: 9.13µg (8.69%), Iron: 1.35mg (7.51%), Magnesium: 29.79mg (7.45%), Phosphorus: 71.34mg (7.13%), Vitamin B3: 1.38mg (6.88%), Selenium: 4.75µg (6.79%), Vitamin B1: 0.07mg (4.44%), Vitamin B2: 0.07mg (4%), Zinc: 0.59mg (3.96%), Potassium: 130.07mg (3.72%), Vitamin E: 0.49mg (3.24%), Folate: 12.24µg (3.06%), Vitamin B6: 0.05mg (2.63%), Vitamin B5: 0.21mg (2.14%), Vitamin B12: 0.1µg (1.69%), Calcium: 16.28mg (1.63%)