



Creamy Peanut Butter Filled Bars

READY IN



90 min.

SERVINGS



36

CALORIES



189 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 17.5 oz chocolate chip cookie mix
- ☐ 1 serving eggs for on cookie mix pouch
- ☐ 2 cups powdered sugar
- ☐ 0.5 cup peanut butter
- ☐ 2 tablespoons milk
- ☐ 1 cup roasted peanuts
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup butter
- ☐ 0.3 cup whipping cream

☐ 1 tablespoon sprinkles

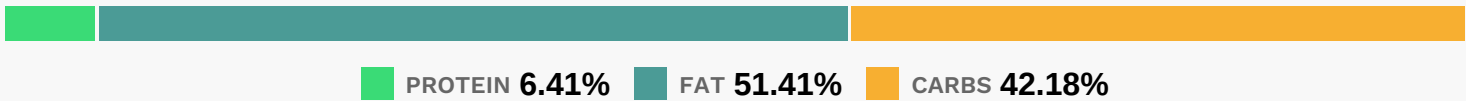
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Make cookie dough as directed on package. Press dough into bottom of ungreased 13x9-inch pan.
- ☐ Bake at 375°F for 12 to 14 minutes. Cool.
- ☐ Mix powdered sugar, peanut butter and milk with electric mixer on medium speed until smooth. Stir in peanuts.
- ☐ Spread mixture over cookie crust.
- ☐ In 1-quart saucepan, heat chocolate chips and butter over low heat, stirring frequently until melted and smooth.
- ☐ Remove from heat; stir in whipping cream until blended.
- ☐ Spread evenly over peanut butter mixture. Top with sprinkles. Refrigerate 1 hour or until set.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:4.46, Inflammation Score:-2, Nutrition Score:3.1891304634349%

Nutrients (% of daily need)

Calories: 189.42kcal (9.47%), Fat: 11.09g (17.06%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 19.15g (6.96%), Sugar: 13.54g (15.05%), Cholesterol: 11.31mg (3.77%), Sodium: 95.67mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 3.11g (6.22%), Manganese: 0.21mg (10.75%), Vitamin B3: 1.4mg (7.02%), Magnesium: 26.61mg (6.65%), Copper: 0.11mg (5.29%), Fiber: 1.32g (5.28%), Phosphorus: 52.19mg (5.22%), Folate: 18.11µg (4.53%), Vitamin B1: 0.07mg (4.42%), Iron: 0.66mg (3.68%),

Potassium: 110.13mg (3.15%), Vitamin B2: 0.05mg (2.89%), Vitamin E: 0.42mg (2.81%), Zinc: 0.4mg (2.66%),
Selenium: 1.37µg (1.95%), Vitamin B6: 0.03mg (1.56%), Vitamin A: 74.14IU (1.48%), Vitamin B5: 0.14mg (1.37%),
Calcium: 12.16mg (1.22%)