



## Double Peanut Bars

READY IN



260 min.

SERVINGS



20

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz philadelphia cream cheese softened
- 0.5 cup creamy peanut butter
- 2 Tbsp granulated sugar
- 0.3 cup butter melted
- 0.8 cup powdered sugar
- 0.5 cup planters roasted peanuts dry finely chopped
- 1 cup vanilla wafers crushed finely
- 8 oz cool whip whipped topping divided thawed

## Equipment

- bowl
- frying pan
- hand mixer

## Directions

- Mix wafer crumbs, peanuts, granulated sugar and margarine.
- Remove 2 Tbsp. of the crumb mixture; set aside. Press remaining crumb mixture firmly onto bottom of 8- or 9-inch square pan; set aside.
- Beat cream cheese and powdered sugar in large bowl with electric mixer on medium speed until light and fluffy.
- Add peanut butter; mix well. Gently stir in 2 cups of the whipped topping.
- Spread evenly over crust.
- Refrigerate 4 hours or until firm. Top with the reserved crumb mixture and remaining whipped topping just before serving. Store leftover dessert in refrigerator.

## Nutrition Facts

**PROTEIN 7.08%** **FAT 63.36%** **CARBS 29.56%**

## Properties

Glycemic Index:9.4, Glycemic Load:4.2, Inflammation Score:-3, Nutrition Score:3.2004347862271%

## Nutrients (% of daily need)

Calories: 200.35kcal (10.02%), Fat: 14.55g (22.39%), Saturated Fat: 5.46g (34.11%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 14.58g (5.3%), Sugar: 11.3g (12.56%), Cholesterol: 11.73mg (3.91%), Sodium: 144.71mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Manganese: 0.17mg (8.71%), Vitamin B3: 1.56mg (7.82%), Vitamin E: 1.04mg (6.96%), Phosphorus: 59.18mg (5.92%), Vitamin A: 296.01IU (5.92%), Magnesium: 19.5mg (4.88%), Vitamin B2: 0.07mg (4.18%), Folate: 15.42µg (3.86%), Vitamin B1: 0.04mg (2.86%), Fiber: 0.7g (2.81%), Vitamin B6: 0.06mg (2.75%), Selenium: 1.89µg (2.71%), Potassium: 92.9mg (2.65%), Calcium: 25.58mg (2.56%), Copper: 0.05mg (2.34%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.19mg (1.88%), Iron: 0.2mg (1.1%)