



WHATSheATE



Double Peanut Butter Bars

READY IN



45 min.

SERVINGS



24

CALORIES



292 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 1 cup crunchy peanut butter
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup peanut butter morsels
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 16.5 ounce duncan hines classic decadent cake mix yellow

Equipment

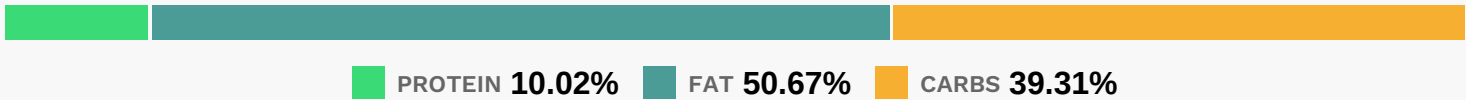
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ Combine first 4 ingredients; stir batter by hand, mixing well. Press half of peanut butter mixture onto bottom of an ungreased 9" x 13" pan.
- ☐ Bake at 350 for 10 minutes.
- ☐ Remove from oven; sprinkle with peanut butter morsels, and drizzle with condensed milk.
- ☐ Sprinkle with remaining peanut butter mixture.
- ☐ Bake 30 more minutes. Cool completely, and cut into bars.
- ☐ Chocolate Peanut Butter Bars: Substitute chocolate cake mix for yellow cake mix.

Nutrition Facts



Properties

Glycemic Index:5.21, Glycemic Load:5.75, Inflammation Score:-3, Nutrition Score:7.4291304090749%

Nutrients (% of daily need)

Calories: 292.17kcal (14.61%), Fat: 17.07g (26.27%), Saturated Fat: 5.69g (35.55%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 28.2g (10.25%), Sugar: 19.48g (21.65%), Cholesterol: 31.29mg (10.43%), Sodium: 297.58mg (12.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Manganese: 0.39mg (19.52%), Phosphorus: 182.38mg (18.24%), Vitamin B3: 3.39mg (16.97%), Vitamin E: 2.02mg (13.44%), Magnesium: 42.21mg (10.55%), Calcium: 101.66mg (10.17%), Vitamin B2: 0.17mg (9.82%), Folate: 36.31µg (9.08%), Selenium: 5.68µg (8.12%), Fiber: 1.61g (6.44%), Copper: 0.13mg (6.34%), Potassium: 218.12mg (6.23%), Vitamin B6: 0.12mg (6.17%), Vitamin B1: 0.09mg (5.87%), Zinc: 0.84mg (5.59%), Iron: 0.9mg (5.01%), Vitamin B5: 0.5mg (4.98%), Vitamin A: 184.84IU (3.7%), Vitamin B12: 0.14µg (2.29%), Vitamin K: 1.09µg (1.04%)