



Gluten-Free Chocolate Peanut Butter Layer Bars

READY IN



130 min.

SERVINGS



32

CALORIES



254 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup butter
- 0.3 cup butter softened
- 19 oz chocolate chip cookie mix gluten free
- 8 oz cream cheese softened
- 1 eggs
- 0.3 cup peanut butter
- 0.7 cup peanut butter
- 0.8 cup powdered sugar

- 1.3 cups semi chocolate chips
- 0.5 cup whipping cream

Equipment

- bowl
- frying pan
- baking sheet
- oven
- hand mixer
- microwave

Directions

- Heat oven to 350F. Spray bottom only of 13x9-inch pan with cooking spray. In large bowl, stir cookie base and topping ingredients until soft dough forms. Make 6 cookies by dropping rounded teaspoonfuls of dough onto ungreased cookie sheet; flatten slightly.
- Press remaining dough in pan.
- Bake cookies and base 10 to 12 minutes or until edges are light golden brown. Cool 10 minutes. Reserve cookies for topping.
- In small microwavable bowl, microwave chocolate chips and 1/4 cup butter uncovered on High 1 minute to 1 minute 30 seconds, stirring every 30 seconds, until melted and stirred smooth.
- Spread evenly over bars. Refrigerate until firm, about 30 minutes.
- In medium bowl, beat cream cheese, 2/3 cup peanut butter, the powdered sugar and whipping cream with electric mixer on low speed until blended. Beat on high speed about 2 minutes or until light and fluffy.
- Spread over chocolate layer.
- Crush reserved cookies; sprinkle over cream cheese layer. Press in lightly. Refrigerate until set, at least 1 hour. For bars, cut into 8 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



■ PROTEIN 5.79% ■ FAT 63.02% ■ CARBS 31.19%

Properties

Glycemic Index:6.36, Glycemic Load:5.62, Inflammation Score:-3, Nutrition Score:4.1186956568095%

Nutrients (% of daily need)

Calories: 253.54kcal (12.68%), Fat: 18.14g (27.9%), Saturated Fat: 8.44g (52.73%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 18.77g (6.83%), Sugar: 12.01g (13.35%), Cholesterol: 27.14mg (9.05%), Sodium: 147.59mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.05mg (2.02%), Protein: 3.75g (7.5%), Manganese: 0.21mg (10.63%), Magnesium: 32.7mg (8.18%), Vitamin B3: 1.48mg (7.4%), Phosphorus: 67.32mg (6.73%), Vitamin E: 0.98mg (6.54%), Copper: 0.12mg (6.22%), Fiber: 1.42g (5.68%), Vitamin A: 264.2IU (5.28%), Folate: 19.77µg (4.94%), Vitamin B1: 0.07mg (4.8%), Vitamin B2: 0.08mg (4.74%), Iron: 0.82mg (4.58%), Potassium: 131.81mg (3.77%), Zinc: 0.54mg (3.61%), Selenium: 2.12µg (3.03%), Vitamin B6: 0.05mg (2.3%), Calcium: 19.43mg (1.94%), Vitamin B5: 0.18mg (1.82%), Vitamin K: 1.09µg (1.04%)