



Gluten-Free Peanut Butter Chocolate Chip Bars with Chocolate Frosting

READY IN



95 min.

SERVINGS



16

CALORIES



353 kcal

SIDE DISH

Ingredients

- ☐ 19 oz chocolate chip cookie mix gluten free
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup peanut butter gluten-free
- ☐ 1 teaspoon vanilla gluten-free
- ☐ 1 eggs
- ☐ 16 oz chocolate frosting

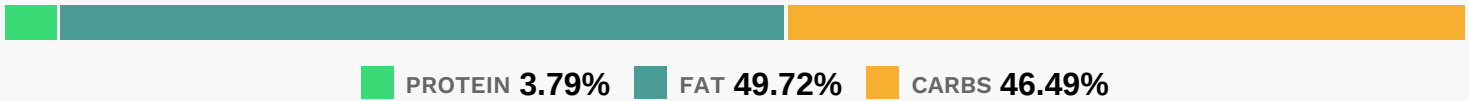
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease bottom only of (8- or 9-inch) square pan.
- ☐ In medium bowl, stir together cookie mix, butter, peanut butter, vanilla and egg with spoon until soft dough forms (dough will be crumbly). Pat dough into pan.
- ☐ Bake 18 to 22 minutes or until edges are dry and golden brown. Run knife around inside edge of pan. Cool on wire rack about 1 hour.
- ☐ Spread frosting over bars.
- ☐ Cut into squares, 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:7.04, Glycemic Load:10.77, Inflammation Score:-2, Nutrition Score:3.7852173797462%

Nutrients (% of daily need)

Calories: 352.53kcal (17.63%), Fat: 19.95g (30.69%), Saturated Fat: 7.86g (49.12%), Carbohydrates: 41.96g (13.99%), Net Carbohydrates: 40.51g (14.73%), Sugar: 27.87g (30.97%), Cholesterol: 23.09mg (7.7%), Sodium: 230.13mg (10.01%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Protein: 3.42g (6.85%), Vitamin B1: 0.12mg (8.24%), Manganese: 0.15mg (7.41%), Folate: 28.9µg (7.22%), Vitamin E: 1.07mg (7.14%), Vitamin B3: 1.43mg (7.14%), Magnesium: 26.6mg (6.65%), Phosphorus: 63.71mg (6.37%), Fiber: 1.46g (5.82%), Vitamin B2: 0.09mg (5.3%), Iron: 0.95mg (5.27%), Potassium: 152.45mg (4.36%), Copper: 0.08mg (4.07%), Zinc: 0.43mg (2.85%), Vitamin A: 133.32IU (2.67%), Selenium: 1.34µg (1.91%), Vitamin B6: 0.03mg (1.51%), Vitamin B5: 0.11mg (1.12%)