



Gluten-Free Peanut Butter Cookie Candy Bars

READY IN



155 min.

SERVINGS



36

CALORIES



249 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 36 servings basic cookie mix gluten-free for on cookie mix box
- ☐ 14 oz individually wrapped caramels
- ☐ 1 box chocolate chip cookie mix gluten free
- ☐ 0.3 cup plus light
- ☐ 1.5 cups roasted peanuts
- ☐ 11.5 oz milk chocolate chips (2 cups)
- ☐ 3 tablespoons peanut butter
- ☐ 3.5 cups powdered sugar gluten-free

- ☐ 1 Dash salt
- ☐ 1.3 teaspoons vanilla gluten-free
- ☐ 1 tablespoon water
- ☐ 2 tablespoons water

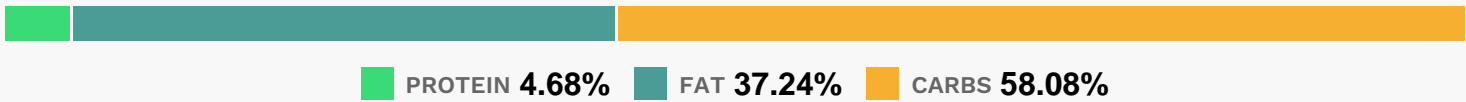
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Heat oven to 350F. Make cookie dough as directed on box, using butter, vanilla and egg. In ungreased 13x9-inch pan, press dough evenly.
- ☐ Bake 18 to 20 minutes or until light golden brown. Cool about 30 minutes.
- ☐ In large bowl, beat all filling ingredients except powdered sugar with electric mixer on medium speed until creamy and smooth. Gradually beat in powdered sugar until well blended (filling will be thick). Press filling over cookie base.
- ☐ In medium microwavable bowl, microwave caramels and 2 tablespoons water uncovered on High 2 to 4 minutes, stirring twice, until caramels are melted. Stir in peanuts.
- ☐ Spread evenly over filling. Refrigerate about 15 minutes or until caramel layer is firm.
- ☐ In small microwavable bowl, microwave chocolate chips uncovered on High 1 to 2 minutes, stirring once, until melted.
- ☐ Spread evenly over caramel layer. Refrigerate about 1 hour or until chocolate is set. For bars, cut into 6 rows by 6 rows. Store covered at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.46, Glycemic Load:9.24, Inflammation Score:-1, Nutrition Score:2.5682608596981%

Nutrients (% of daily need)

Calories: 249.43kcal (12.47%), Fat: 10.67g (16.42%), Saturated Fat: 4.08g (25.51%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 36.52g (13.28%), Sugar: 30.17g (33.52%), Cholesterol: 4.1mg (1.37%), Sodium: 107.66mg (4.68%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Protein: 3.02g (6.03%), Manganese: 0.16mg (8.24%), Vitamin B3: 1.31mg (6.56%), Phosphorus: 45.93mg (4.59%), Vitamin B1: 0.07mg (4.56%), Magnesium: 17.81mg (4.45%), Folate: 16.14µg (4.03%), Fiber: 0.92g (3.67%), Potassium: 124mg (3.54%), Vitamin B2: 0.06mg (3.37%), Calcium: 29.28mg (2.93%), Copper: 0.05mg (2.45%), Zinc: 0.27mg (1.81%), Iron: 0.31mg (1.73%), Vitamin B5: 0.17mg (1.68%), Vitamin B6: 0.03mg (1.39%), Vitamin E: 0.2mg (1.33%), Selenium: 0.81µg (1.16%)