



Homemade, Easy, No-Bake Peanut Butter Cups or Bars

READY IN



45 min.

SERVINGS



6

CALORIES



501 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup graham crackers in style crumbled finely canned (The finer the better--you can also substitute other cracker or cereal 'crumbs' although the results will be slightly less 'Reese's')
- ☐ 1 cup semi chocolate chips
- ☐ 1 cup sugar loosely packed

Equipment

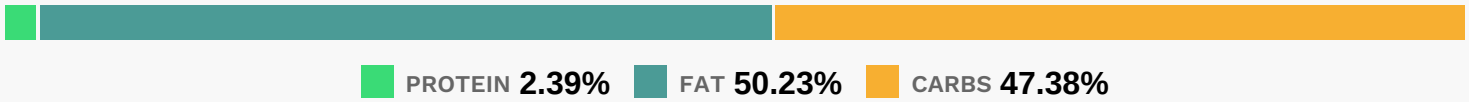
- ☐ frying pan
- ☐ microwave

☐ muffin liners

Directions

- ☐ Cream butter, sugar, and peanut butter together.
- ☐ Add butter, sugar, and peanut butter mixture to crumbs, stir vigorously until thoroughly blended.
- ☐ Press mixture in cupcake liners or a parchment-lined 8x8 inch pan.
- ☐ Melt chocolate in microwave or over bain mair.
- ☐ Pour or spoon chocolate over peanut butter mixture.
- ☐ Spread or distribute evenly
- ☐ Chill for 2-3 hours, or until firm enough to serve. If making bars, score pan after five minutes of chilling.

Nutrition Facts



Properties

Glycemic Index:32.35, Glycemic Load:31.36, Inflammation Score:-4, Nutrition Score:6.3517391578011%

Nutrients (% of daily need)

Calories: 501.27kcal (25.06%), Fat: 28.44g (43.76%), Saturated Fat: 16.57g (103.54%), Carbohydrates: 60.37g (20.12%), Net Carbohydrates: 57.46g (20.89%), Sugar: 47.74g (53.05%), Cholesterol: 42.47mg (14.16%), Sodium: 223.82mg (9.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 25.8mg (8.6%), Protein: 3.05g (6.09%), Manganese: 0.4mg (19.94%), Copper: 0.38mg (19.06%), Magnesium: 62.03mg (15.51%), Iron: 2.54mg (14.09%), Fiber: 2.91g (11.64%), Phosphorus: 112.84mg (11.28%), Vitamin A: 487.73IU (9.75%), Zinc: 1.11mg (7.38%), Potassium: 201.86mg (5.77%), Selenium: 2.91µg (4.16%), Vitamin B3: 0.83mg (4.13%), Vitamin E: 0.62mg (4.11%), Vitamin B2: 0.06mg (3.73%), Calcium: 35.32mg (3.53%), Vitamin K: 3.48µg (3.32%), Vitamin B1: 0.04mg (2.98%), Folate: 7.47µg (1.87%), Vitamin B12: 0.09µg (1.44%), Vitamin B6: 0.03mg (1.29%), Vitamin B5: 0.11mg (1.11%)