



## Layered Peanut Butter Bars

READY IN



140 min.

SERVINGS



36

CALORIES



181 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.3 cup butter
- 0.5 cup butter softened
- 0.5 cup creamy peanut butter
- 1 eggs
- 2 teaspoons milk
- 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- 2 cups powdered sugar
- 1 cup semi chocolate chips
- 3 tablespoons vegetable oil

1 tablespoon water

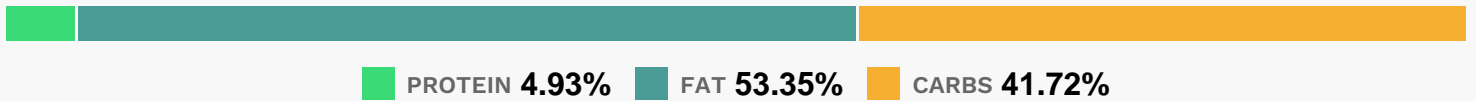
## Equipment

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

## Directions

- Heat oven to 350F. Spray bottom of 13x9-inch pan with cooking spray.
- In large bowl, stir all Cookie Base ingredients until soft dough forms. Press dough in bottom of pan using floured fingers.
- Bake 15 to 18 minutes or until golden brown. Cool completely, about 1 hour.
- In small bowl, beat all Filling ingredients with electric mixer on medium speed until smooth.
- Spread mixture evenly over cookie base.
- In microwavable bowl, microwave all Frosting ingredients on High 30 seconds; stir until smooth. Cool 10 minutes; spread over filling. Refrigerate 30 minutes or until set. For bars, cut into 9 rows by 4 rows.

## Nutrition Facts



## Properties

Glycemic Index:4.22, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:1.9995652203975%

## Nutrients (% of daily need)

Calories: 181.16kcal (9.06%), Fat: 11.05g (17.01%), Saturated Fat: 4.6g (28.76%), Carbohydrates: 19.45g (6.48%), Net Carbohydrates: 18.38g (6.68%), Sugar: 14.16g (15.74%), Cholesterol: 15.05mg (5.02%), Sodium: 161.45mg (7.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 2.3g (4.6%), Manganese: 0.12mg (5.97%), Fiber: 1.06g (4.26%), Copper: 0.08mg (3.94%), Vitamin E: 0.57mg (3.81%), Magnesium: 15.13mg (3.78%), Iron: 0.58mg (3.23%), Phosphorus: 28.98mg (2.9%), Vitamin K: 2.79µg (2.66%), Vitamin B3: 0.52mg (2.61%), Vitamin

A: 127.73IU (2.55%), Zinc: 0.25mg (1.64%), Selenium: 1.03µg (1.48%), Potassium: 51.93mg (1.48%), Vitamin B2: 0.02mg (1.07%)