



## Layered Peanut Butter Brownies

READY IN



90 min.

SERVINGS



12

CALORIES



497 kcal

DESSERT

### Ingredients

- 19 oz brownie mix (13x9-inch pan size)
- 1 cup creamy peanut butter
- 0.5 cup granulated sugar
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 5 oz baker's semi-sweet chocolate
- 2 cups cool whip whipped topping thaw (do not )

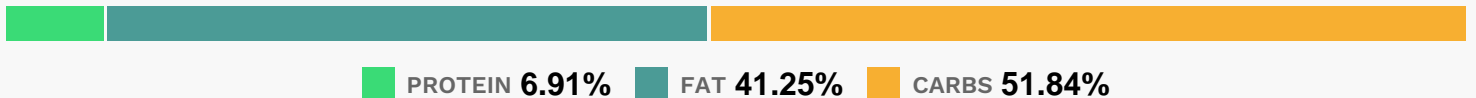
### Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- PREPARE and bake brownies in 139-inch pan as directed on package.
- BEAT pudding mix and milk with whisk for 2 minutes.
- Add peanut butter and sugar; mix well. Refrigerate until brownies are done.
- WITH 3–5 minutes of brownie cooking time left, put chocolate in microwaveable bowl on HIGH for 30 seconds and stir. Repeat in 20 second intervals until chocolate is melted.
- ADD COOL WHIP to chocolate and mix well.
- Let stand 1–2 minutes.
- Spread peanut butter & pudding mix over brownies.
- SPREAD chocolate COOL WHIP mix over pudding. Refrigerate 1 hour. If topping needs to solidify a bit more, freeze for 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:10.17, Glycemic Load:6.71, Inflammation Score:-3, Nutrition Score:7.1860869526863%

## Nutrients (% of daily need)

Calories: 497.42kcal (24.87%), Fat: 23.29g (35.83%), Saturated Fat: 7.74g (48.39%), Carbohydrates: 65.84g (21.95%), Net Carbohydrates: 63.82g (23.21%), Sugar: 47.48g (52.75%), Cholesterol: 3.4mg (1.13%), Sodium: 292.3mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.16mg (3.39%), Protein: 8.78g (17.56%), Manganese: 0.47mg (23.67%), Magnesium: 60.44mg (15.11%), Vitamin B3: 2.99mg (14.96%), Vitamin E: 2.1mg (14.01%), Phosphorus: 133.54mg (13.35%), Iron: 2.4mg (13.35%), Copper: 0.24mg (12.07%), Fiber: 2.03g (8.1%), Potassium: 233.13mg (6.66%), Zinc: 0.96mg (6.38%), Vitamin B6: 0.11mg (5.72%), Vitamin B2: 0.09mg (5.22%), Calcium: 52.23mg (5.22%), Folate: 18.86µg (4.72%), Selenium: 2.68µg (3.83%), Vitamin B5: 0.34mg (3.39%), Vitamin B1: 0.05mg (3.16%), Vitamin B12: 0.16µg (2.6%), Vitamin D: 0.22µg (1.49%), Vitamin K: 1.38µg (1.31%)