



Layered Peanut Butter Brownies

READY IN



100 min.

SERVINGS



20

CALORIES



422 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 16 ounce confectioners' sugar
- 4 eggs
- 1.5 cups flour all-purpose
- 10 large marshmallows
- 0.3 cup milk
- 18 ounce peanut butter
- 0.5 teaspoon salt
- 0.3 cup cocoa powder unsweetened

- 1 teaspoon vanilla extract
- 2 cups sugar white

Equipment

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

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 10x15-inch jellyroll pan.
- Melt 1 cup butter and 1/3 cup cocoa powder together in a saucepan over low heat, stirring often, until smooth, about 5 minutes.
- Remove from heat and cool slightly.
- Combine white sugar, flour, and salt together in a large bowl; add chocolate mixture. Beat with an electric mixer on medium speed until blended, 1 to 2 minutes.
- Add eggs and vanilla extract; stir until combined.
- Pour batter into prepared jellyroll pan.
- Bake in the preheated oven until edges begin to become crisp, about 20 minutes.
- Warm peanut butter in microwave for about 2 minutes, stirring once.
- Spread over warm brownies. Chill brownies in refrigerator for 30 minutes.
- Heat 1/2 cup butter, milk, and marshmallows in a saucepan over medium heat, stirring often, until marshmallows are melted, about 5 minutes.
- Remove from heat; whisk in 1/4 cup cocoa. Gradually stir confectioners' sugar into marshmallow mixture until smooth.
- Spread frosting over peanut butter layer of brownies. Chill in refrigerator until set, about 20 minutes.

Nutrition Facts

PROTEIN 7.52% FAT 38.7% CARBS 53.78%

Properties

Glycemic Index:15.38, Glycemic Load:21.56, Inflammation Score:-4, Nutrition Score:7.9199999804082%

Flavonoids

Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 421.54kcal (21.08%), Fat: 18.92g (29.1%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 59.15g (19.72%), Net Carbohydrates: 57.27g (20.83%), Sugar: 47.14g (52.37%), Cholesterol: 45.43mg (15.14%), Sodium: 222.01mg (9.65%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 8.27g (16.55%), Manganese: 0.48mg (24.22%), Vitamin B3: 3.99mg (19.94%), Vitamin E: 2.56mg (17.05%), Magnesium: 52.3mg (13.07%), Phosphorus: 127.7mg (12.77%), Folate: 43.78µg (10.95%), Selenium: 7.53µg (10.76%), Vitamin B2: 0.15mg (9.04%), Copper: 0.17mg (8.72%), Vitamin B1: 0.12mg (7.72%), Fiber: 1.88g (7.52%), Vitamin B6: 0.14mg (6.82%), Iron: 1.21mg (6.74%), Zinc: 0.93mg (6.19%), Potassium: 191.22mg (5.46%), Vitamin B5: 0.47mg (4.71%), Vitamin A: 195.93IU (3.92%), Calcium: 27.17mg (2.72%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.47%)