



## Momma's PBJ Bars

READY IN



45 min.

SERVINGS



18

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup butter softened
- 2 eggs beaten
- 3 cups flour all-purpose
- 1 cup grape jelly
- 10 oz peanut butter chips divided
- 1 cup sugar

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Combine flour, sugar and baking powder in a bowl.
- Cut in butter until it resembles coarse crumbs. Stir in eggs until smooth.
- Press half of dough into the bottom of a greased 13"x9" baking pan.
- Spread jelly over dough in pan.
- Sprinkle one cup peanut butter chips over jelly.
- Crumble remaining dough over chips.
- Bake at 375 degrees for 30 to 35 minutes, until lightly golden.
- Remove from oven; sprinkle remaining chips on top. Cool; cut into squares.

## Nutrition Facts



## Properties

Glycemic Index:19.01, Glycemic Load:26.36, Inflammation Score:-3, Nutrition Score:4.2630434891452%

## Nutrients (% of daily need)

Calories: 268.65kcal (13.43%), Fat: 10.95g (16.84%), Saturated Fat: 6.67g (41.68%), Carbohydrates: 40.08g (13.36%), Net Carbohydrates: 39.31g (14.3%), Sugar: 20.33g (22.59%), Cholesterol: 45.3mg (15.1%), Sodium: 118.16mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Selenium: 9.13µg (13.05%), Vitamin B1: 0.17mg (11.28%), Folate: 42.88µg (10.72%), Vitamin B2: 0.15mg (8.59%), Manganese: 0.15mg (7.57%), Vitamin A: 341.55IU (6.83%), Iron: 1.18mg (6.54%), Vitamin B3: 1.25mg (6.23%), Phosphorus: 43.66mg (4.37%), Fiber: 0.77g (3.08%), Copper: 0.05mg (2.66%), Calcium: 25.84mg (2.58%), Vitamin E: 0.38mg (2.53%), Vitamin C: 1.66mg (2.01%), Vitamin B5: 0.18mg (1.84%), Magnesium: 6.24mg (1.56%), Zinc: 0.23mg (1.55%), Potassium: 46.88mg (1.34%), Vitamin B6: 0.02mg (1.08%), Vitamin B12: 0.06µg (1.08%)