



Mom's Favorite Candy Bars

READY IN



135 min.

SERVINGS



32

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.3 cup plus light
- ☐ 0.8 cup peanut butter
- ☐ 17.5 oz basic cookie mix
- ☐ 12 oz semi chocolate chips (2 cups)
- ☐ 1 cup butterscotch chips
- ☐ 1 cup roasted peanuts

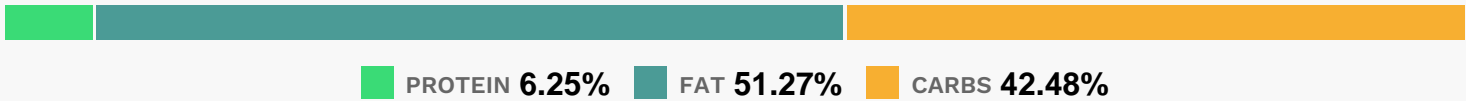
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat oven to 375°F. Spray 13x9-inch pan with cooking spray.
- ☐ In 2 quart saucepan melt butter, corn syrup and 1/4 cup of the peanut butter over medium heat stirring frequently until melted. Stir in cookie mix until soft dough forms. Press dough in bottom of prepared pan.
- ☐ Bake 11 to 13 minutes, or until edges begin to brown. Cool completely, about 45 minutes.
- ☐ In medium microwavable bowl, mix chocolate chips, butterscotch chips and remaining 1/2 cup peanut butter. Microwave uncovered on High for 1 to 2 minutes, stirring once, until melted. Stir in peanuts.
- ☐ Spread evenly over cookie bars. Refrigerate about 1 hour or until chocolate is set. For bars, cut into 8 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:2.59, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:4.0434783088124%

Nutrients (% of daily need)

Calories: 245.25kcal (12.26%), Fat: 14.14g (21.76%), Saturated Fat: 5.46g (34.13%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 24.42g (8.88%), Sugar: 18.16g (20.18%), Cholesterol: 8.74mg (2.91%), Sodium: 108.27mg (4.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 3.88g (7.76%), Manganese: 0.34mg (16.85%), Copper: 0.19mg (9.41%), Magnesium: 36.69mg (9.17%), Vitamin B3: 1.64mg (8.18%), Fiber: 1.94g (7.76%), Phosphorus: 66.7mg (6.67%), Iron: 0.94mg (5.21%), Vitamin E: 0.7mg (4.67%), Potassium: 137.8mg (3.94%), Zinc: 0.55mg (3.64%), Folate: 11.06µg (2.76%), Selenium: 1.57µg (2.24%), Vitamin B1: 0.03mg (2.2%), Vitamin B6: 0.04mg (2.11%), Vitamin A: 99.26IU (1.99%), Vitamin B5: 0.16mg (1.64%), Vitamin B2: 0.03mg (1.59%), Calcium: 15.53mg (1.55%)