



No-Bake Chocolate-Peanut Butter Candy Bars

READY IN



45 min.

SERVINGS



32

CALORIES



185 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 24 crème-filled chocolate sandwich cookies
- 4 cups marshmallows miniature
- 0.3 cup butter
- 6 oz semi chocolate chips
- 14 oz condensed milk sweetened canned (not evaporated)
- 10 oz peanut butter chips ()
- 0.3 cup creamy peanut butter
- 1 cup roasted peanuts coarsely chopped
- 4 crunchy peanut butter crushed (2 pouches from 8.9-oz box)

- 1 teaspoon vegetable oil

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- baking pan
- aluminum foil
- microwave
- glass baking pan

Directions

- Line bottom and sides of 13x9-inch (3-quart) glass baking dish with foil, leaving foil hanging over 2 opposite sides of pan. Spray foil with cooking spray. In food processor bowl with metal blade, place cookies. Cover; process until cookies are finely chopped.
- In 2-quart saucepan, cook marshmallows and butter over low heat, stirring constantly, until melted. Stir in chopped cookies and 3/4 cup of the chocolate chips until well mixed. Press in bottom of baking dish.
- In medium microwavable bowl, microwave milk and peanut butter chips uncovered on High 30 seconds. Stir; microwave 30 to 60 seconds longer, stirring every 30 seconds, until smooth and creamy. Stir in peanut butter until smooth. Stir in peanuts and crushed granola bars.
- Spread over chocolate layer. If peanut butter mixture starts to set, microwave uncovered on High 15 to 30 seconds or until warm and spreadable.
- In small microwavable bowl, microwave remaining 1/4 cup chocolate chips and the oil uncovered on High 30 to 45 seconds or until chips are melted and can be stirred smooth.
- Drizzle chocolate diagonally over peanut butter layer. Refrigerate 30 minutes or until set. To cut bars, remove from pan, using foil to lift.
- Cut into 8 rows by 4 rows. Store covered in cool place.

Nutrition Facts



■ PROTEIN 7.65% ■ FAT 45.79% ■ CARBS 46.56%

Properties

Glycemic Index:4.23, Glycemic Load:7.24, Inflammation Score:-2, Nutrition Score:4.2800000160933%

Nutrients (% of daily need)

Calories: 185.41kcal (9.27%), Fat: 9.74g (14.99%), Saturated Fat: 3.24g (20.25%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 21.09g (7.67%), Sugar: 16.18g (17.98%), Cholesterol: 4.54mg (1.51%), Sodium: 101.94mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.02mg (1.67%), Protein: 3.67g (7.33%), Manganese: 0.27mg (13.6%), Iron: 1.6mg (8.91%), Phosphorus: 79.37mg (7.94%), Copper: 0.14mg (7.18%), Magnesium: 28.26mg (7.06%), Vitamin B3: 1.28mg (6.38%), Vitamin B2: 0.08mg (4.95%), Fiber: 1.21g (4.82%), Selenium: 3.29µg (4.7%), Calcium: 46.74mg (4.67%), Potassium: 145.98mg (4.17%), Folate: 14.53µg (3.63%), Vitamin E: 0.53mg (3.54%), Vitamin B1: 0.05mg (3.21%), Zinc: 0.47mg (3.15%), Vitamin K: 3.19µg (3.04%), Vitamin B5: 0.22mg (2.24%), Vitamin A: 99.39IU (1.99%), Vitamin B6: 0.03mg (1.59%), Vitamin B12: 0.07µg (1.1%)