



## No Oven Peanut Butter Squares

READY IN



45 min.

SERVINGS



24

CALORIES



248 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup butter (1- stick)
- 15 chocolate dark (or 6.5 - 8.5 ounces)
- 1.5 cups graham cracker crumbs
- 1 cup peanut butter
- 2 cups powdered sugar

### Equipment

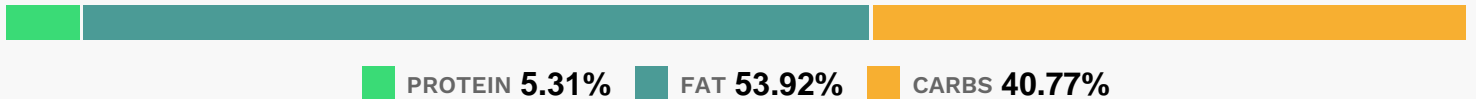
- bowl
- frying pan

- sauce pan
- aluminum foil
- stove
- wax paper
- microwave

## Directions

- Line 9"x13" pan with foil or wax paper, with ends extending over sides of pan. Melt butter in large bowl in microwave on high for 45 seconds or over stove in pan until melted.
- Remove from heat and stir in sugar, crumbs and peanut butter; mix well.
- Spread mixture into prepared pan. Melt "Nuggets" on slow and low heat in microwave or small saucepan until smooth, stirring until melted. Cool slightly, and then pour over peanut butter mixture in pan. Cool.
- Cut partially through mixture to mark squares with desired size. Can refrigerate or wait until it sets. Lift from pan, using handles from foil or wax paper.
- Cut all the way through mixture into squares.
- Serves 24

## Nutrition Facts



## Properties

Glycemic Index:7.53, Glycemic Load:7.19, Inflammation Score:-2, Nutrition Score:4.0826086956522%

## Taste

Sweetness: 100%, Saltiness: 6.97%, Sourness: 5.13%, Bitterness: 8.47%, Savoriness: 0%, Fattiness: 74.55%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 247.97kcal (12.4%), Fat: 15.84g (24.37%), Saturated Fat: 7.11g (44.45%), Carbohydrates: 26.95g (8.98%), Net Carbohydrates: 25.29g (9.2%), Sugar: 21.13g (23.48%), Cholesterol: 10.17mg (3.39%), Sodium: 114.12mg (4.96%), Caffeine: 11.55mg (3.85%), Protein: 3.51g (7.02%), Manganese: 0.24mg (12.22%), Magnesium: 41.13mg (10.28%), Vitamin B3: 1.75mg (8.74%), Vitamin E: 1.13mg (7.56%), Phosphorus: 73.91mg (7.39%), Copper: 0.15mg (7.39%),

Fiber: 1.66g (6.63%), Iron: 0.89mg (4.96%), Vitamin B2: 0.08mg (4.63%), Zinc: 0.64mg (4.28%), Potassium: 122.01mg (3.49%), Folate: 12.33µg (3.08%), Vitamin B6: 0.06mg (3.03%), Vitamin A: 118.18IU (2.36%), Vitamin B1: 0.03mg (2.04%), Calcium: 14.85mg (1.49%), Selenium: 1.04µg (1.48%), Vitamin K: 1.47µg (1.4%), Vitamin B5: 0.13mg (1.32%)