



No-Oven Peanut Butter Squares

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



579 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup butter
- 1 cup creamy peanut butter
- 1.5 cups graham cracker crumbs
- 2 cups powdered sugar
- 12 oz baker's semi-sweet chocolate melted

Equipment

- bowl
- frying pan

aluminum foil

microwave

Directions

Line 13x9-inch pan with Reynolds Wrap Aluminum Foil, with ends of foil extending over sides.

Microwave butter in large microwaveable bowl on HIGH 45 sec. or until melted.

Add sugar, graham crumbs and peanut butter; mix well.

Spread onto bottom of prepared pan; cover with chocolate.

Make shallow cuts in top of dessert to mark 48 squares. Refrigerate 1 hour or until firm. Use foil handles to remove dessert from pan; cut into squares following scored lines on dessert.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:7.42, Inflammation Score:-6, Nutrition Score:11.5717390736%

Nutrients (% of daily need)

Calories: 579.39kcal (28.97%), Fat: 36.61g (56.33%), Saturated Fat: 12.19g (76.2%), Carbohydrates: 57.24g (19.08%), Net Carbohydrates: 52.85g (19.22%), Sugar: 41.57g (46.19%), Cholesterol: 2.04mg (0.68%), Sodium: 304.63mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 29.26mg (9.75%), Protein: 8.87g (17.74%), Manganese: 0.83mg (41.5%), Magnesium: 111.25mg (27.81%), Copper: 0.54mg (26.92%), Vitamin B3: 4.2mg (20.98%), Phosphorus: 203.98mg (20.4%), Vitamin E: 2.9mg (19.35%), Fiber: 4.39g (17.55%), Iron: 3.13mg (17.4%), Zinc: 1.8mg (12.02%), Potassium: 365.95mg (10.46%), Vitamin A: 423IU (8.46%), Folate: 28.1µg (7.02%), Vitamin B6: 0.14mg (6.99%), Vitamin B2: 0.1mg (6.17%), Selenium: 4.06µg (5.8%), Vitamin B1: 0.08mg (5.09%), Calcium: 47.33mg (4.73%), Vitamin B5: 0.39mg (3.85%), Vitamin K: 2.53µg (2.41%), Vitamin B12: 0.07µg (1.21%)