



Nutcracker Bars

READY IN



45 min.

SERVINGS



36

CALORIES



167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 cups brown sugar packed
- ☐ 0.3 cup butter shortening flavored
- ☐ 4 cups confectioners' sugar
- ☐ 0.7 cup creamy peanut butter
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup semi chocolate chips
- ☐ 1 teaspoon vanilla extract

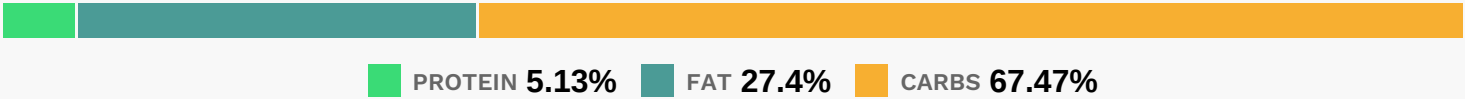
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Preheat oven to 350 degrees F (180 degrees C). Grease a 15 x 10 x 1 inch baking pan.
- ☐ To make base, cream 1/3 cup butter flavored shortening and 1/2 cup peanut butter in large bowl at medium speed in an electric mixer. Blend in brown sugar. Beat in eggs one at a time until creamy.
- ☐ Combine all-purpose flour, baking powder and salt in a small bowl. Set aside.
- ☐ Combine 1/4 cup milk and 1 tsp. vanilla in measuring cup.
- ☐ Add dry ingredients and milk alternately to creamed mixture.
- ☐ Mix at low speed. Scrape the sides of the bowl frequently and beat until blended.
- ☐ Spread batter into prepared pan and bake for 18 to 20 minutes.
- ☐ Let cool.
- ☐ For Frosting: Cream 1/4 cup butter flavored shortening and 2/3 cup peanut butter in large bowl at medium speed of electric mixer.
- ☐ Add 4 cups of confectioners' sugar and 1/2 cup milk. Beat until fluffy.
- ☐ Spread on cooled cookie base. For drizzle melt chocolate pieces on very low heat in small saucepan.
- ☐ Drizzle chocolate from end of spoon back and forth over frosting.
- ☐ Cut into 2 inch squares. Refrigerate 15 to 20 minutes until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:3.09, Inflammation Score:-1, Nutrition Score:2.6182608721049%

Nutrients (% of daily need)

Calories: 167.18kcal (8.36%), Fat: 5.21g (8.02%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 28.89g (9.63%), Net Carbohydrates: 28.32g (10.3%), Sugar: 23.55g (26.17%), Cholesterol: 9.65mg (3.22%), Sodium: 78.47mg (3.41%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 2.2g (4.39%), Manganese: 0.15mg (7.31%), Vitamin B3: 0.98mg (4.9%), Selenium: 3.18µg (4.54%), Phosphorus: 40.61mg (4.06%), Magnesium: 15.2mg (3.8%), Vitamin E: 0.57mg (3.79%), Folate: 14.88µg (3.72%), Vitamin B1: 0.05mg (3.43%), Iron: 0.62mg (3.43%), Copper: 0.07mg (3.3%), Vitamin B2: 0.05mg (3.21%), Calcium: 27.79mg (2.78%), Fiber: 0.57g (2.28%), Potassium: 67.81mg (1.94%), Zinc: 0.27mg (1.83%), Vitamin B6: 0.03mg (1.72%), Vitamin B5: 0.15mg (1.53%)