



PBJ Crunch Bars

 Vegetarian

READY IN



85 min.

SERVINGS



15

CALORIES



625 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup brown sugar
- 3 sticks butter cold thinly sliced
- 2.3 cups flour all-purpose
- 0.3 cup graham cracker crumbs
- 1.5 cups grape jelly
- 0.3 teaspoon ground cinnamon
- 2.3 cups rolled oats
- 1.5 cups peanut butter

0.8 cup granulated sugar white

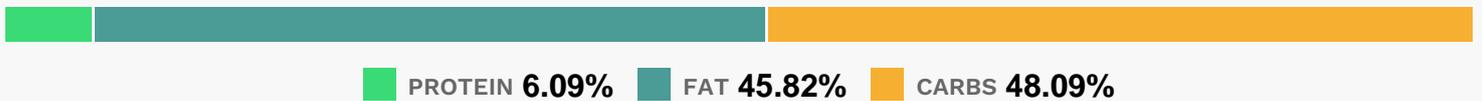
Equipment

- bowl
- oven
- whisk
- baking pan
- stand mixer

Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Stir the oats, flour, white sugar, brown sugar, graham cracker crumbs, and cinnamon in the bowl of a stand mixer. Using the whisk attachment, cut the butter into the mixture until crumbly. Press about half of the mixture into the bottom of an ungreased 9x13-inch baking dish.
- Spread the peanut butter over the oat mixture. Stir the jelly to make it spreadable and swirl into the peanut butter.
- Sprinkle the remaining oat mixture over the peanut butter and jelly layer; gently pat until it sticks together.
- Bake in the preheated oven until golden brown, 25 to 35 minutes. Allow to cool completely before cutting into bars.

Nutrition Facts



Properties

Glycemic Index:25.54, Glycemic Load:34.21, Inflammation Score:-6, Nutrition Score:12.054347867551%

Nutrients (% of daily need)

Calories: 625.18kcal (31.26%), Fat: 32.69g (50.29%), Saturated Fat: 14.41g (90.07%), Carbohydrates: 77.18g (25.73%), Net Carbohydrates: 73.76g (26.82%), Sugar: 43.91g (48.79%), Cholesterol: 48.59mg (16.2%), Sodium: 281.42mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.56%), Manganese: 0.98mg

(48.84%), Vitamin B3: 4.77mg (23.83%), Vitamin E: 2.98mg (19.86%), Phosphorus: 172.9mg (17.29%), Selenium: 12.07µg (17.25%), Magnesium: 68.49mg (17.12%), Vitamin B1: 0.25mg (16.57%), Folate: 65.6µg (16.4%), Fiber: 3.41g (13.65%), Iron: 2.17mg (12.08%), Vitamin B2: 0.2mg (11.74%), Vitamin A: 564.87IU (11.3%), Copper: 0.22mg (11.25%), Zinc: 1.3mg (8.69%), Potassium: 263.53mg (7.53%), Vitamin B6: 0.15mg (7.5%), Vitamin B5: 0.54mg (5.43%), Calcium: 47.72mg (4.77%), Vitamin C: 2.99mg (3.63%), Vitamin K: 1.97µg (1.88%)