



Peanut Butter and Fudge Brownies with Salted Peanuts

 Popular

READY IN



45 min.

SERVINGS



30

CALORIES



235 kcal

DESSERT

Ingredients

- ☐ 1 cup flour
- ☐ 4 large eggs
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 cup peanut butter (do not use natural or old-fashioned)
- ☐ 0.8 cup powdered sugar
- ☐ 1 cup roasted peanuts salted coarsely chopped
- ☐ 0.1 teaspoon salt

- ☐ 7 ounces bittersweet chocolate chopped
- ☐ 1.5 cups sugar
- ☐ 0.5 cup butter unsalted divided room temperature (1 stick)
- ☐ 3 ounces baker's chocolate unsweetened chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil

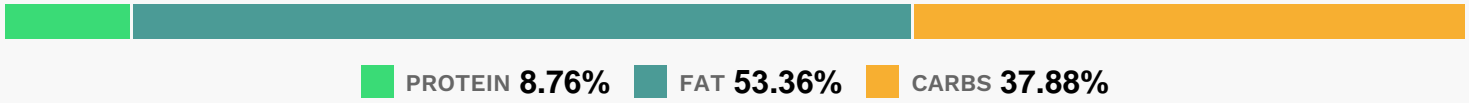
Directions

- ☐ Position rack in center of oven and preheat to 325°F. Line 13x9x2-inch metal baking pan with foil, leaving long overhang; butter foil.
- ☐ Place 3/4 cup butter in heavy large saucepan.
- ☐ Add both chocolates; stir over low heat until smooth.
- ☐ Remove from heat.
- ☐ Whisk in sugar, vanilla, and salt, then eggs, 1 at a time. Fold in flour, then nuts.
- ☐ Spread in prepared pan.
- ☐ Bake until tester inserted into center comes out with moist crumbs attached, about 30 minutes.
- ☐ Place pan on rack; cool.

- ☐
- Using electric mixer, beat peanut butter and 1/4 cup butter in medium bowl to blend. Beat in powdered sugar, salt, and nutmeg, then milk and vanilla.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:9.5, Inflammation Score:-3, Nutrition Score:6.0895652304525%

Flavonoids

Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg

Nutrients (% of daily need)

Calories: 234.75kcal (11.74%), Fat: 14.59g (22.45%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 21.35g (7.76%), Sugar: 16.35g (18.17%), Cholesterol: 33.39mg (11.13%), Sodium: 79.33mg (3.45%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Caffeine: 7.96mg (2.65%), Protein: 5.39g (10.78%), Manganese: 0.48mg (23.9%), Copper: 0.25mg (12.75%), Magnesium: 45.51mg (11.38%), Vitamin B3: 2.22mg (11.09%), Phosphorus: 95.67mg (9.57%), Iron: 1.49mg (8.27%), Fiber: 1.96g (7.84%), Selenium: 5.09µg (7.27%), Vitamin E: 0.99mg (6.63%), Folate: 25.2µg (6.3%), Zinc: 0.89mg (5.91%), Vitamin B2: 0.08mg (4.84%), Potassium: 163.11mg (4.66%), Vitamin B1: 0.07mg (4.63%), Vitamin B6: 0.07mg (3.36%), Vitamin B5: 0.31mg (3.1%), Vitamin A: 134.67IU (2.69%), Calcium: 22.09mg (2.21%), Vitamin B12: 0.08µg (1.34%), Vitamin D: 0.2µg (1.3%), Vitamin K: 1.08µg (1.02%)