



Peanut Butter and Jam Bars

READY IN



80 min.

SERVINGS



36

CALORIES



141 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup creamy peanut butter
- ☐ 1 eggs
- ☐ 1 tablespoon milk
- ☐ 0.5 cup peanut butter chips
- ☐ 1 pouch peanut butter sandwich cookie crumbs (1 lb 1.5 oz)
- ☐ 0.3 cup strawberry jam seedless
- ☐ 1 lb vanilla frosting
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water

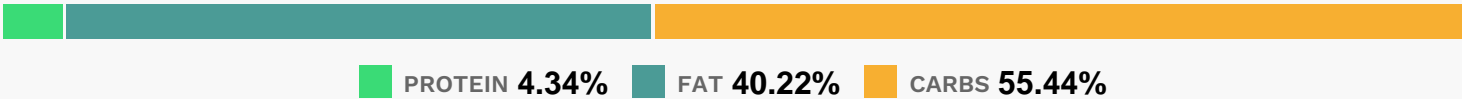
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 350F. Spray bottom of 13x9-inch pan with cooking spray.
- ☐ In large bowl, stir all Cookie Base ingredients until soft dough forms. Press dough in bottom of pan using floured fingers.
- ☐ Bake 15 to 18 minutes or until edges are light golden brown. Cool completely, about 30 minutes.
- ☐ In small bowl, stir frosting, milk and peanut butter until well blended.
- ☐ Spread over base. Stir jam; drop by teaspoonfuls over frosting. Swirl jam for a marbled design with tip of knife. Refrigerate 20 minutes or until set. For bars, cut into 9 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:4.61, Inflammation Score:-1, Nutrition Score:1.0330434830292%

Nutrients (% of daily need)

Calories: 140.99kcal (7.05%), Fat: 6.44g (9.9%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 19.35g (7.04%), Sugar: 14.72g (16.36%), Cholesterol: 4.6mg (1.53%), Sodium: 146.71mg (6.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin K: 3.73µg (3.55%), Vitamin E: 0.46mg (3.1%), Vitamin B2: 0.05mg (2.91%), Fiber: 0.6 g (2.42%), Iron: 0.26mg (1.46%), Manganese: 0.03mg (1.38%), Vitamin B3: 0.27mg (1.34%), Phosphorus: 11.63mg (1.16%)