



## Peanut Butter and Jelly Bars

 Vegetarian

READY IN



180 min.

SERVINGS



16

CALORIES



290 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.7 cup roasted peanuts salted coarsely chopped
- ☐ 1 large eggs
- ☐ 0.8 cup brown sugar packed ()
- ☐ 0.8 cup grape jelly
- ☐ 0.8 cup creamy peanut butter
- ☐ 1.5 cups unbleached all purpose flour
- ☐ 0.5 cup butter unsalted room temperature (1 stick)

- ☐ 1 teaspoon vanilla extract

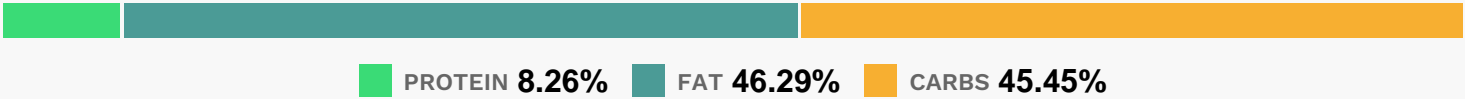
## Equipment

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

## Directions

- ☐ Preheat oven to 350°F. Line 8 x 8 x 2-inch metal baking pan with heavy-duty foil, leaving 2-inch overhang around edges and pressing firmly into corners and up sides of pan. Coat foil with nonstick spray.
- ☐ Whisk flour, baking powder, and 1/4 teaspoon salt in small bowl. Using electric mixer, beat peanut butter, sugar, and butter in large bowl until smooth.
- ☐ Add egg and vanilla; beat on low speed until smooth.
- ☐ Add flour mixture; beat on low speed just to blend.
- ☐ Transfer half of dough to prepared pan (about scant 1 1/2 cups).
- ☐ Place remaining dough in freezer for 10 minutes. Using fingertips, press dough evenly onto bottom of pan.
- ☐ Spread jelly over in even layer.
- ☐ Remove dough from freezer; using fingertips, break into grape-size pieces and scatter over jelly layer.
- ☐ Sprinkle chopped nuts over.
- ☐ Bake bars until top is golden brown, about 30 minutes. Cool bars completely in pan on rack.
- ☐ Using foil overhang as aid, lift bars from pan. Gently peel foil from edges.
- ☐ Cut into 16 squares. DO AHEAD: can be made 3 days ahead. Store airtight at room temperature.

# Nutrition Facts



## Properties

Glycemic Index:10.06, Glycemic Load:6.27, Inflammation Score:-3, Nutrition Score:6.3604348690613%

## Nutrients (% of daily need)

Calories: 289.69kcal (14.48%), Fat: 15.34g (23.6%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 33.89g (11.3%), Net Carbohydrates: 32.28g (11.74%), Sugar: 19.08g (21.2%), Cholesterol: 26.88mg (8.96%), Sodium: 104.94mg (4.56%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 6.16g (12.32%), Manganese: 0.42mg (20.76%), Vitamin B3: 3.23mg (16.16%), Folate: 43.05µg (10.76%), Selenium: 6.4µg (9.14%), Phosphorus: 91.28mg (9.13%), Vitamin E: 1.35mg (8.97%), Magnesium: 35.38mg (8.85%), Vitamin B1: 0.13mg (8.81%), Vitamin B2: 0.12mg (6.78%), Copper: 0.13mg (6.61%), Fiber: 1.61g (6.46%), Iron: 1.11mg (6.18%), Potassium: 160.35mg (4.58%), Vitamin B6: 0.09mg (4.37%), Vitamin A: 194.38IU (3.89%), Zinc: 0.57mg (3.8%), Calcium: 36.34mg (3.63%), Vitamin B5: 0.34mg (3.37%), Vitamin C: 1.4mg (1.7%), Vitamin D: 0.17µg (1.13%)