



WHATSheATE



Peanut Butter and Jelly Bars

READY IN



65 min.

SERVINGS



20

CALORIES



284 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup creamy peanut butter
- ☐ 1 large eggs at room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup peanut butter chips
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup roasted peanuts salted
- ☐ 1.5 cups strawberry jam
- ☐ 0.8 cup sugar

- ☐ 0.3 lb butter unsalted softened
- ☐ 0.5 teaspoon vanilla extract

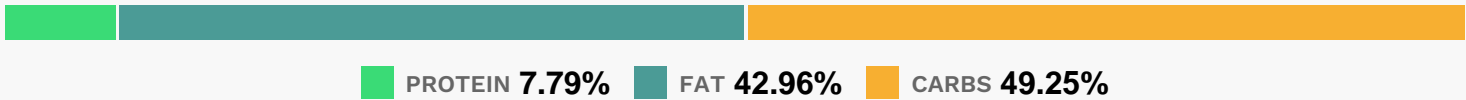
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Preheat oven to 350F. Butter and lightly flour a 9-by-13-inch baking pan.
- ☐ Using an electric mixer on medium speed, cream butter and sugar until light and fluffy. Lower speed; add egg, vanilla and peanut butter and beat until combined.
- ☐ In a separate bowl, sift flour, baking powder and salt. On low speed, slowly add flour mixture to peanut butter mixture.
- ☐ Mix until just combined. Set aside 1/2 cup dough.
- ☐ Using your fingertips, press remaining dough into an even layer in pan.
- ☐ Spread preserves over dough. Crumble reserved 1/2 cup dough over preserves and then sprinkle with peanuts and peanut butter chips.
- ☐ Bake until golden and bubbly, 45 minutes. Cool on a wire rack and cut into bars.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:20.26, Inflammation Score:-3, Nutrition Score:5.8604348146397%

Nutrients (% of daily need)

Calories: 283.65kcal (14.18%), Fat: 13.95g (21.46%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 35.98g (11.99%),
Net Carbohydrates: 34.4g (12.51%), Sugar: 21.26g (23.62%), Cholesterol: 21.49mg (7.16%), Sodium: 157.76mg
(6.86%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 5.69g (11.38%), Manganese: 0.38mg (18.97%),
Vitamin B3: 3.01mg (15.05%), Folate: 38.53µg (9.63%), Vitamin E: 1.37mg (9.13%), Phosphorus: 86.04mg (8.6%),
Magnesium: 33.51mg (8.38%), Selenium: 5.45µg (7.79%), Vitamin B1: 0.11mg (7.48%), Copper: 0.13mg (6.44%),
Vitamin B2: 0.11mg (6.43%), Fiber: 1.59g (6.34%), Iron: 0.95mg (5.3%), Vitamin B6: 0.08mg (4.17%), Potassium:
145.33mg (4.15%), Zinc: 0.54mg (3.63%), Vitamin A: 155.19IU (3.1%), Vitamin B5: 0.3mg (2.95%), Vitamin C: 2.24mg
(2.72%), Calcium: 26.45mg (2.65%)