



Peanut Butter and Jelly Brownies

 Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



165 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 0.3 cup butter softened
- 0.5 cup creamy peanut butter
- 2 eggs
- 0.5 cup flour
- 0.5 cup planters roasted peanuts dry chopped
- 0.3 tsp salt
- 4 oz baker's semi-sweet chocolate (6 oz.)

- 0.5 cup strawberry jam
- 1 tsp vanilla

Equipment

- bowl
- frying pan
- oven
- knife
- blender
- toothpicks
- aluminum foil

Directions

- Heat oven to 350F.
- Line 9-inch square pan with foil, with ends of foil extending over sides; spray with cooking spray. Beat peanut butter, butter and sugar in large bowl with mixer until blended.
- Add eggs and vanilla; mix well. Beat in flour and salt. Stir in chocolate and nuts.
- Pour into prepared pan. Drop jam by spoonfuls over batter; swirl gently with knife.
- Bake 35 to 40 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool completely. Use foil handles to remove brownie from pan before cutting to serve.

Nutrition Facts



PROTEIN 7.23% **FAT 44.74%** **CARBS 48.03%**

Properties

Glycemic Index:6, Glycemic Load:4.21, Inflammation Score:-2, Nutrition Score:3.4891304710637%

Nutrients (% of daily need)

Calories: 164.54kcal (8.23%), Fat: 8.39g (12.91%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 19.22g (6.99%), Sugar: 14.82g (16.47%), Cholesterol: 13.92mg (4.64%), Sodium: 92.97mg

(4.04%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.06mg (1.35%), Protein: 3.05g (6.1%), Manganese: 0.23mg (11.72%), Vitamin B3: 1.37mg (6.87%), Magnesium: 25.18mg (6.29%), Copper: 0.11mg (5.64%), Phosphorus: 54.19mg (5.42%), Vitamin E: 0.79mg (5.29%), Selenium: 3.17µg (4.53%), Fiber: 1.05g (4.19%), Iron: 0.73mg (4.03%), Folate: 15.04µg (3.76%), Vitamin B2: 0.05mg (3.22%), Potassium: 103.67mg (2.96%), Zinc: 0.42mg (2.81%), Vitamin B6: 0.05mg (2.64%), Vitamin B1: 0.04mg (2.47%), Vitamin A: 106.74IU (2.13%), Vitamin B5: 0.2mg (1.98%), Calcium: 19.59mg (1.96%)