



Peanut Butter and Jelly Brownies

READY IN



95 min.

SERVINGS



24

CALORIES



225 kcal

DESSERT

Ingredients

- ☐ 1 box duncan hines devil's food cake
- ☐ 0.5 cup butter softened
- ☐ 1 eggs
- ☐ 2 tablespoons milk
- ☐ 1 cup peanut butter chips
- ☐ 16 oz vanilla frosting
- ☐ 0.3 cup creamy peanut butter
- ☐ 2 tablespoons milk
- ☐ 0.3 cup strawberry jelly

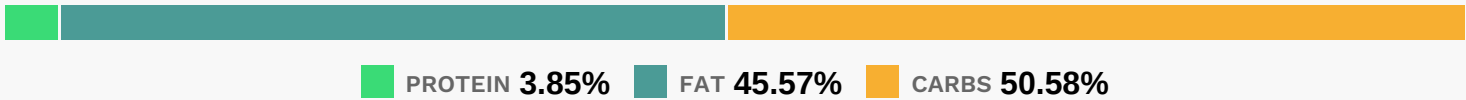
Equipment

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

Directions

- ☐ Heat oven to 350°F (325°F for dark or nonstick pan). Grease or spray bottom only of 13x9-inch pan.
- ☐ In large bowl, mix cake mix, butter, egg and milk with spoon until dough forms. Stir in peanut butter chips.
- ☐ Spread evenly in pan.
- ☐ Bake 16 to 18 minutes or until toothpick inserted 2 inches from side of pan comes out clean. Cool completely, about 1 hour.
- ☐ In medium bowl, stir frosting, peanut butter and milk until well blended; spread over brownies. In small bowl, place jelly; stir until smooth. Drop small teaspoonfuls of jelly evenly over frosting. Swirl jelly with tip of knife for marbled design. For bars, cut into 6 rows by 4 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:6.97, Inflammation Score:-2, Nutrition Score:3.2873912946038%

Nutrients (% of daily need)

Calories: 225.4kcal (11.27%), Fat: 11.76g (18.1%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 29.38g (9.79%), Net Carbohydrates: 28.74g (10.45%), Sugar: 21.04g (23.38%), Cholesterol: 7.12mg (2.37%), Sodium: 247.93mg (10.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Phosphorus: 72.07mg (7.21%), Vitamin E: 0.99mg (6.58%), Vitamin B2: 0.11mg (6.41%), Iron: 0.95mg (5.29%), Manganese: 0.09mg (4.74%), Copper: 0.09mg (4.6%), Selenium: 3.08µg (4.4%), Folate: 17.05µg (4.26%), Vitamin B3: 0.81mg (4.06%), Magnesium: 15.51mg (3.88%),

Vitamin A: 183.65IU (3.67%), Calcium: 35.55mg (3.56%), Vitamin K: 3.16µg (3.01%), Potassium: 97.03mg (2.77%),
Vitamin B1: 0.04mg (2.71%), Fiber: 0.64g (2.57%), Zinc: 0.28mg (1.9%), Vitamin B6: 0.03mg (1.44%), Vitamin B5:
0.12mg (1.15%)