



Peanut Butter and Oat Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



304 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar
- ☐ 0.8 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 cup peanut butter
- ☐ 1.5 cups rolled oats
- ☐ 2 teaspoons salt
- ☐ 1.5 teaspoons vanilla extract

☐ 0.8 cup sugar white

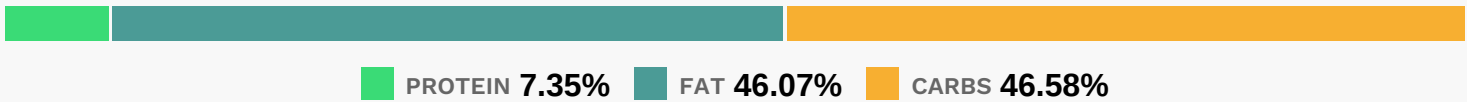
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease a jelly-roll pan.
- ☐ Beat butter, 3/4 cup peanut butter, white sugar, and brown sugar together in a large bowl until creamy.
- ☐ Add flour, oats, vanilla extract, eggs, and salt; stir until just mixed.
- ☐ Spread batter into the prepared jelly-roll pan.
- ☐ Bake in the preheated oven until lightly browned, about 20 minutes. Cool brownies in the pan for 10 to 15 minutes.
- ☐ Spread 1/2 cup peanut butter on top of brownies.

Nutrition Facts



Properties

Glycemic Index:15.57, Glycemic Load:15.07, Inflammation Score:-4, Nutrition Score:6.6573912915976%

Nutrients (% of daily need)

Calories: 304.18kcal (15.21%), Fat: 15.97g (24.57%), Saturated Fat: 6.97g (43.53%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 34.67g (12.61%), Sugar: 20.81g (23.12%), Cholesterol: 43.34mg (14.45%), Sodium: 422.5mg (18.37%), Alcohol: 0.13g (100%), Alcohol %: 0.24% (100%), Protein: 5.73g (11.46%), Manganese: 0.54mg (27.16%), Selenium: 8.64µg (12.34%), Vitamin B3: 2.41mg (12.04%), Phosphorus: 98.7mg (9.87%), Vitamin B1: 0.15mg (9.76%), Vitamin E: 1.45mg (9.64%), Folate: 37.29µg (9.32%), Magnesium: 35.36mg (8.84%), Vitamin B2: 0.12mg (7.27%), Iron: 1.26mg (6.97%), Fiber: 1.66g (6.66%), Vitamin A: 295.61IU (5.91%), Copper: 0.11mg (5.37%), Zinc: 0.75mg (5.01%), Vitamin B6: 0.08mg (4.02%), Potassium: 132.93mg (3.8%), Vitamin B5: 0.37mg (3.74%), Calcium: 26.14mg (2.61%), Vitamin B12: 0.07µg (1.12%)