



Peanut Butter and Oat Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



352 kcal

DESSERT

Ingredients

- ☐ 0.8 cup brown sugar
- ☐ 0.8 cup butter softened
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 cup peanut butter or as needed
- ☐ 0.8 cup peanut butter
- ☐ 1.5 cups rolled oats
- ☐ 2 teaspoons salt

- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.8 cup sugar white

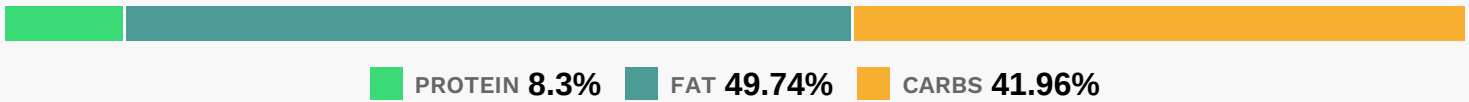
Equipment

- ☐ 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:16.44, Glycemic Load:15.26, Inflammation Score:-4, Nutrition Score:8.2191304046175%

Nutrients (% of daily need)

Calories: 352.32kcal (17.62%), Fat: 20.09g (30.91%), Saturated Fat: 7.78g (48.62%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 36.08g (13.12%), Sugar: 21.66g (24.06%), Cholesterol: 43.34mg (14.45%), Sodium: 457.09mg (19.87%), Alcohol: 0.13g (100%), Alcohol %: 0.21% (100%), Protein: 7.55g (15.09%), Manganese: 0.66mg (33.07%), Vitamin B3: 3.48mg (17.4%), Vitamin E: 2.18mg (14.53%), Selenium: 8.97µg (12.82%), Phosphorus: 126.03mg (12.6%), Magnesium: 48.99mg (12.25%), Folate: 44.22µg (11.05%), Vitamin B1: 0.16mg (10.5%), Fiber: 2.05g (8.21%), Vitamin B2: 0.14mg (8.18%), Iron: 1.39mg (7.75%), Copper: 0.14mg (7.06%), Zinc: 0.96mg (6.38%), Vitamin A: 295.61IU (5.91%), Vitamin B6: 0.12mg (5.81%), Potassium: 178.4mg (5.1%), Vitamin B5: 0.46mg (4.6%), Calcium: 30.1mg (3.01%), Vitamin B12: 0.07µg (1.12%)