



Peanut Butter-Banana Brownie Pizza

READY IN



75 min.

SERVINGS



15

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz baker's chocolate unsweetened
- 3 large bananas peeled sliced
- 0.5 cup butter melted (1 stick)
- 2 tsp butter
- 8 oz philadelphia cream cheese softened
- 0.3 cup creamy peanut butter
- 2 eggs
- 1 cup flour
- 0.3 cup milk

- 0.3 cup planters cocktail peanuts coarsely chopped
- 0.5 tsp salt
- 2 oz baker's semi-sweet chocolate
- 1.8 cups sugar divided
- 1 tsp vanilla

Equipment

- frying pan
- sauce pan
- oven
- pizza pan
- hand mixer
- toothpicks
- aluminum foil

Directions

- Preheat oven to 350F. Line 12-inch pizza pan with aluminum foil; spray with cooking spray.
- Place 1/2 cup butter and the unsweetened chocolate in heavy 3-qt. saucepan; cook on very low heat just until chocolate is melted, stirring constantly. Cool. Stir in 1-1/2 cups of the sugar.
- Add eggs, 1 at a time, stirring until well blended after each addition. Stir in milk and vanilla.
- Add flour and salt; mix well.
- Spread evenly into prepared pan.
- Bake 25 to 30 min. or until toothpick inserted in center comes out clean; cool completely.
- Beat cream cheese, peanut butter and the remaining 1/4 cup sugar with electric mixer on medium speed until well blended.
- Spread onto crust. Arrange banana slices over cream cheese mixture; sprinkle with peanuts.
- Place semi-sweet chocolate and the 2 tsp. butter in heavy saucepan; cook on very low heat just until chocolate is melted and mixture is well blended, stirring constantly.
- Drizzle over pizza.

Nutrition Facts

PROTEIN 6.22% FAT 50.54% CARBS 43.24%

Properties

Glycemic Index:19.54, Glycemic Load:24.36, Inflammation Score:-6, Nutrition Score:9.1117391327153%

Flavonoids

Catechin: 6.52mg, Catechin: 6.52mg, Catechin: 6.52mg, Catechin: 6.52mg Epicatechin: 10.73mg, Epicatechin: 10.73mg, Epicatechin: 10.73mg, Epicatechin: 10.73mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 375.7kcal (18.78%), Fat: 22.27g (34.26%), Saturated Fat: 8.77g (54.8%), Carbohydrates: 42.88g (14.29%), Net Carbohydrates: 39.88g (14.5%), Sugar: 29.51g (32.79%), Cholesterol: 37.81mg (12.6%), Sodium: 240.15mg (10.44%), Alcohol: 0.1g (100%), Alcohol %: 0.11% (100%), Caffeine: 9.3mg (3.1%), Protein: 6.17g (12.33%), Manganese: 0.65mg (32.45%), Copper: 0.38mg (18.98%), Magnesium: 57.65mg (14.41%), Iron: 2.34mg (12.99%), Fiber: 3g (11.98%), Phosphorus: 117.73mg (11.77%), Selenium: 7.76µg (11.08%), Vitamin A: 553.7IU (11.07%), Vitamin B3: 1.98mg (9.91%), Folate: 37.78µg (9.44%), Vitamin B2: 0.16mg (9.39%), Zinc: 1.3mg (8.64%), Vitamin B6: 0.16mg (8.12%), Potassium: 279.4mg (7.98%), Vitamin B1: 0.12mg (7.96%), Vitamin E: 1.05mg (7.03%), Vitamin B5: 0.45mg (4.53%), Calcium: 43.7mg (4.37%), Vitamin C: 2.38mg (2.89%), Vitamin B12: 0.12µg (2.04%), Vitamin K: 1.53µg (1.46%), Vitamin D: 0.16µg (1.08%)