



WHATSheATE



Peanut Butter Bars

READY IN



32 min.

SERVINGS



24

CALORIES



266 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup chocolate chips dark
- ☐ 3 large eggs
- ☐ 1.3 cup granulated sugar
- ☐ 9 oz peanut butter (I weighed it out on a scale)
- ☐ 1 cup reese's peanut butter cups mini
- ☐ 0.5 cup lightly peanuts salted chopped
- ☐ 0.7 cup chips white
- ☐ 0.5 cup reese's pieces
- ☐ 6.8 ounces stirred and carefully measured unbleached flour all-purpose well

- ☐ 6 tablespoons butter unsalted softened
- ☐ 2 teaspoons vanilla extract

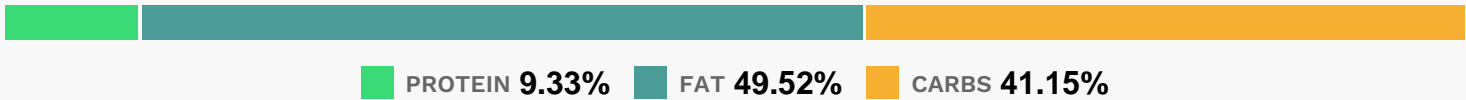
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ roasting pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line a 9×13 inch metal pan with foil and spray with baking spray (or just use nonstick foil).In a mixing bowl, using a handheld mixer, beat the peanut butter, softened butter and sugar until smooth. By hand, stir in the eggs, salt and vanilla stirring just until mixed.
- ☐ Add the flour and stir just until mixed.Stir in white chips, peanuts and a cup of the chocolate chips. Press firmly into pan.
- ☐ Bake on center rack for 23–25 minutes or until center is set.
- ☐ Remove from oven and Immediately scatter the halved Reese’s Minis over the top.
- ☐ Sprinkle more chocolate chips (or Reese’s Pieces) into the gaps.
- ☐ Let cool at room temperature for about 10 minutes, then transfer pan to a larger pan (a roasting pan). Put ice water in the pan so that it comes about halfway up the sides.
- ☐ Let cool in pan.

Nutrition Facts



Properties

Glycemic Index:11.14, Glycemic Load:13.55, Inflammation Score:-2, Nutrition Score:5.5443478071171%

Nutrients (% of daily need)

Calories: 265.87kcal (13.29%), Fat: 15.05g (23.15%), Saturated Fat: 6.51g (40.68%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 26.44g (9.61%), Sugar: 16.58g (18.42%), Cholesterol: 30.89mg (10.3%), Sodium: 118.69mg (5.16%), Alcohol: 0.11g (100%), Alcohol %: 0.24% (100%), Protein: 6.38g (12.77%), Manganese: 0.36mg (18.13%), Vitamin B3: 2.45mg (12.25%), Phosphorus: 92.6mg (9.26%), Selenium: 6.33µg (9.05%), Vitamin E: 1.3mg (8.7%), Magnesium: 33.71mg (8.43%), Fiber: 1.7g (6.79%), Folate: 24.2µg (6.05%), Copper: 0.12mg (5.95%), Potassium: 193.99mg (5.54%), Zinc: 0.82mg (5.5%), Vitamin B2: 0.08mg (4.97%), Vitamin B6: 0.1mg (4.77%), Vitamin B5: 0.41mg (4.1%), Calcium: 40.51mg (4.05%), Iron: 0.65mg (3.63%), Vitamin B1: 0.05mg (3.6%), Vitamin A: 122.52IU (2.45%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.18µg (1.18%), Vitamin K: 1.14µg (1.09%)