



Peanut Butter Bars II

READY IN



45 min.

SERVINGS



24

CALORIES



333 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 cup creamy peanut butter
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup brown sugar light
- ☐ 13 ounce chocolate covered peanut butter cups miniature halved
- ☐ 0.3 teaspoon salt
- ☐ 2 cups semi chocolate chips
- ☐ 0.5 cup butter unsalted

- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup walnuts chopped
- ☐ 0.5 cup sugar white

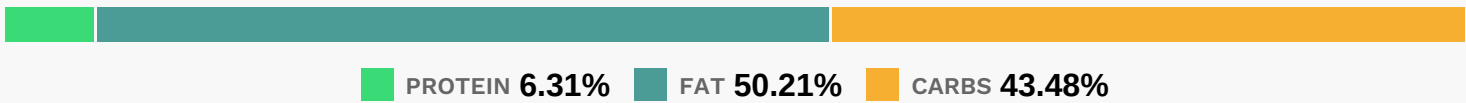
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Coat a 13 x 9 x 2 inch pan with nonstick cooking spray.
- ☐ Stir together flour, baking powder, and salt in small bowl. Beat together sugars, 1/2 cup butter and peanut butter in a large bowl with electric mixer until smooth.
- ☐ Add eggs one at a time, beating well after each addition. Beat in vanilla. Stir in flour mixture to blend. Fold in chopped nuts.
- ☐ Pour batter into prepared pan. Press the peanut butter cups lightly into the batter.
- ☐ Bake at 350 for 20–25 minutes. Cool in pan.
- ☐ To Make Topping: Melt chocolate and 1/2 cup butter in a small bowl in the microwave in 30 second intervals, stirring after each interval, until smooth.
- ☐ Drizzle the chocolate in pan.
- ☐ Cut into bars.

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:7.43, Inflammation Score:-3, Nutrition Score:6.7573912985947%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 333kcal (16.65%), Fat: 19.04g (29.29%), Saturated Fat: 8.2g (51.23%), Carbohydrates: 37.1g (12.37%), Net Carbohydrates: 34.72g (12.62%), Sugar: 26.49g (29.43%), Cholesterol: 25.63mg (8.54%), Sodium: 129.83mg (5.64%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Caffeine: 13.97mg (4.66%), Protein: 5.38g (10.77%), Manganese: 0.42mg (21.09%), Copper: 0.3mg (15.24%), Magnesium: 52mg (13%), Phosphorus: 111.24mg (11.12%), Vitamin B3: 2.03mg (10.17%), Iron: 1.81mg (10.06%), Fiber: 2.39g (9.54%), Selenium: 5.77µg (8.25%), Folate: 30.94µg (7.74%), Vitamin B1: 0.11mg (7.21%), Zinc: 0.92mg (6.1%), Potassium: 205.9mg (5.88%), Vitamin B2: 0.1mg (5.65%), Vitamin E: 0.77mg (5.14%), Calcium: 48.14mg (4.81%), Vitamin B6: 0.07mg (3.55%), Vitamin B5: 0.32mg (3.19%), Vitamin A: 154.57IU (3.09%), Vitamin B12: 0.11µg (1.79%), Vitamin K: 1.83µg (1.75%)