



Peanut Butter Bars III

READY IN



45 min.

SERVINGS



24

CALORIES



230 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 1 tablespoon butter
- ☐ 2 cups confectioners' sugar
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 cup peanut butter
- ☐ 0.5 teaspoon salt
- ☐ 1 cup shortening

☐ 1 teaspoon vanilla extract

Equipment

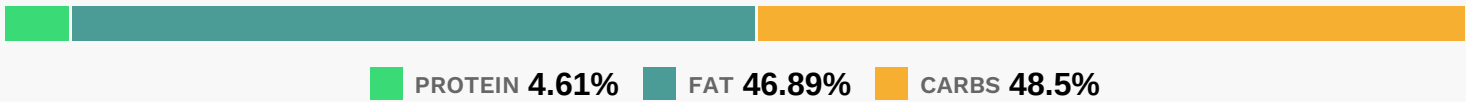
☐ frying pan

☐ oven

Directions

- ☐ Cream together shortening and sugar.
- ☐ Add the beaten egg and 1 teaspoon vanilla; stir in flour and salt.
- ☐ Mix well.
- ☐ Spread in the bottom of a 9 x 13 inch buttered pan.
- ☐ Bake in a preheated 350 degrees F (175 degrees C) oven for 15 minutes.
- ☐ Let cool.
- ☐ Mix together confectioners' sugar, peanut butter, butter or margarine, and 1 teaspoon vanilla.
- ☐ Add just enough milk for the proper consistency. Frost cooled bars.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:5.97, Inflammation Score:-1, Nutrition Score:3.3369565321052%

Nutrients (% of daily need)

Calories: 229.58kcal (11.48%), Fat: 12.2g (18.77%), Saturated Fat: 3.15g (19.66%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 27.85g (10.13%), Sugar: 19.54g (21.71%), Cholesterol: 8.68mg (2.89%), Sodium: 83.12mg (3.61%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 2.7g (5.4%), Manganese: 0.16mg (7.87%), Vitamin E: 1.05mg (7.03%), Vitamin B3: 1.35mg (6.74%), Selenium: 4.59µg (6.55%), Vitamin B1: 0.09mg (6.3%), Folate: 24.66µg (6.16%), Vitamin B2: 0.08mg (4.67%), Vitamin K: 4.65µg (4.43%), Phosphorus: 38.75mg (3.88%), Iron: 0.69mg (3.81%), Magnesium: 13.06mg (3.27%), Vitamin B5: 0.22mg (2.21%), Copper: 0.04mg (2.21%), Fiber: 0.54g (2.16%), Calcium: 19.46mg (1.95%), Vitamin B6: 0.04mg (1.93%), Potassium: 64.4mg (1.84%), Zinc: 0.26mg (1.72%)