



Peanut Butter Bars V

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



162 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.3 teaspoons double-acting baking powder
- 2 eggs
- 1.8 cups flour all-purpose
- 0.7 cup peanut butter
- 0.3 teaspoon salt
- 0.3 cup semi chocolate chips
- 0.3 cup shortening
- 1 teaspoon vanilla extract

- 1 teaspoon water
- 1.3 cups sugar white

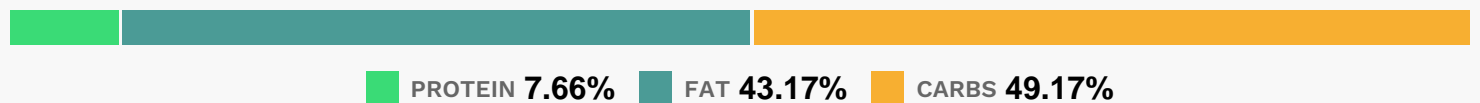
Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 11 x 7 inch baking pan.
- In a large bowl, beat peanut butter, shortening, and sugar until light and fluffy. Beat in eggs, water, and vanilla until smooth.
- Combine flour, baking powder, and salt; stir into peanut butter mixture until combined. Stir in chocolate pieces.
- Spread dough into prepared pan.
- Bake for 40 minutes, until golden brown. Cool in the pan on a wire rack.
- Cut into bars.

Nutrition Facts



Properties

Glycemic Index:10.46, Glycemic Load:12.53, Inflammation Score:-1, Nutrition Score:3.57260867435%

Nutrients (% of daily need)

Calories: 161.54kcal (8.08%), Fat: 7.94g (12.21%), Saturated Fat: 2.12g (13.22%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 19.55g (7.11%), Sugar: 12.13g (13.47%), Cholesterol: 13.79mg (4.6%), Sodium: 82.93mg (3.61%), Alcohol: 0.06g (100%), Alcohol %: 0.2% (100%), Protein: 3.17g (6.34%), Manganese: 0.2mg (10.11%), Vitamin B3: 1.52mg (7.58%), Selenium: 4.78µg (6.83%), Folate: 24.57µg (6.14%), Vitamin E: 0.89mg (5.91%), Vitamin B1: 0.08mg (5.62%), Phosphorus: 52.47mg (5.25%), Magnesium: 19.04mg (4.76%), Vitamin B2: 0.08mg (4.64%), Iron: 0.8mg

(4.44%), Copper: 0.08mg (3.9%), Fiber: 0.79g (3.16%), Zinc: 0.36mg (2.4%), Vitamin B6: 0.04mg (2.15%), Calcium: 20.9mg (2.09%), Potassium: 69.91mg (2%), Vitamin B5: 0.2mg (1.99%), Vitamin K: 1.75µg (1.67%)