



Peanut Butter-Brownie Bites

 Dairy Free

READY IN



125 min.

SERVINGS



36

CALORIES



267 kcal

DESSERT

Ingredients

- 1 box brownie mix dark
- 1 serving vegetable oil for on brownie mix box
- 36 peanut butter cups (from 8-oz bag)
- 33 oz peanut butter sandwich cookie crumbs refrigerated at room temperature
- 3 tablespoons flour all-purpose

Equipment

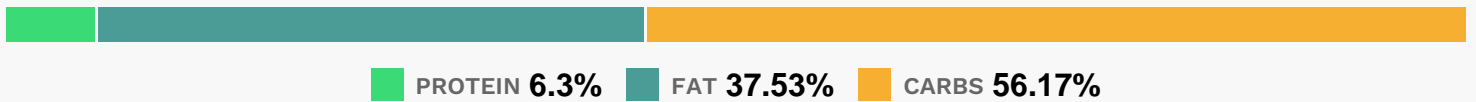
- bowl
- frying pan

- baking sheet
- baking paper
- oven
- wire rack
- toothpicks

Directions

- Heat oven to 350°F. Spray 9-inch square pan with cooking spray. In large bowl, stir brownie mix, water, oil and egg until well blended.
- Spread in pan.
- Bake 33 to 36 minutes or until toothpick inserted 1 inch from edge of pan comes out almost clean. Cool completely.
- Cut into 6 rows by 6 rows. Working from bottom of brownie, push 1 peanut butter cup candy into center of each brownie.
- Line cookie sheet with cooking parchment paper. In large bowl, stir cookie dough and flour until blended. (DO NOT EAT RAW COOKIE DOUGH AFTER COMBINING WITH FLOUR.) Divide dough into 36 pieces. Flatten each portion of dough and place 1 brownie square in center; press dough around brownie, completely covering and reshaping to form a ball. On cookie sheet, place balls 1 inch apart.
- Bake 13 to 15 minutes or until set.
- Remove from cookie sheet to cooling rack; cool completely.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.6813043645867%

Nutrients (% of daily need)

Calories: 267.11kcal (13.36%), Fat: 11.47g (17.65%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 38.62g (12.87%), Net Carbohydrates: 37.06g (13.48%), Sugar: 25.26g (28.07%), Cholesterol: 1.02mg (0.34%), Sodium: 315.53mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.67%), Fiber: 1.56g (6.23%), Iron: 0.97mg

(5.38%), Vitamin B3: 0.8mg (4%), Phosphorus: 28.05mg (2.8%), Magnesium: 10.68mg (2.67%), Folate: 9.64µg (2.41%), Vitamin B1: 0.03mg (2.14%), Copper: 0.04mg (2.08%), Potassium: 58.98mg (1.69%), Zinc: 0.22mg (1.48%), Calcium: 13.35mg (1.34%), Vitamin B2: 0.02mg (1.28%), Vitamin B5: 0.11mg (1.08%), Vitamin K: 1.06µg (1.01%)