



## Peanut Butter-Brownie Bites

 Dairy Free

READY IN



125 min.

SERVINGS



36

CALORIES



387 kcal

DESSERT

### Ingredients

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

### Equipment

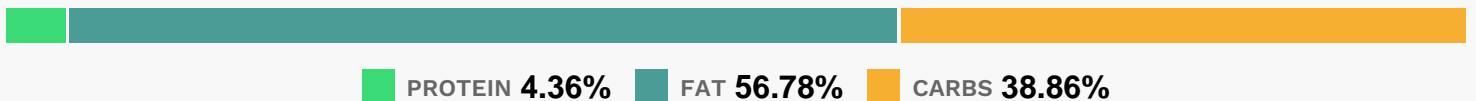
- bowl
- frying pan

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

## Directions

- Heat oven to 350F. 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. 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:3.0413043685257%

## Nutrients (% of daily need)

Calories: 387.43kcal (19.37%), Fat: 25.08g (38.59%), Saturated Fat: 5.25g (32.83%), 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%), Vitamin K: 26.09µg (24.85%), Vitamin E: 1.17mg (7.81%), Fiber: 1.56g (6.23%), Iron: 0.97mg (5.39%), 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%)