



Peanut Butter Brownies

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



312 kcal

DESSERT

Ingredients

- 0.3 teaspoon double-acting baking powder
- 5 tablespoons butter
- 2 large eggs
- 0.5 cup flour all-purpose
- 0.8 cup peanut butter
- 1 cup sugar
- 1 teaspoon vanilla

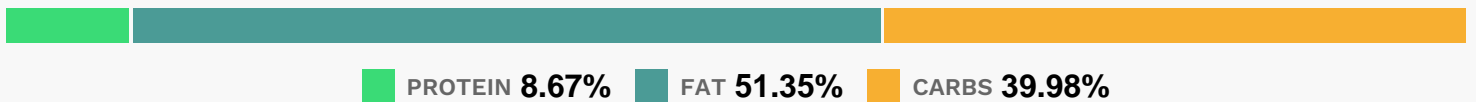
Equipment

- frying pan
- oven
- knife
- baking pan

Directions

- Melt butter in a 2- to 3-quart pan over low heat.
- Remove from heat and stir in sugar, eggs, vanilla, peanut butter, flour, and baking powder until well blended.
- Spread batter evenly in a buttered and floured 8-inch square baking pan.
- Bake in a 350 oven until edges feel firm to touch and begin to turn a shade darker, 25 to 30 minutes.
- Run a knife between pan rim and brownie.
- Let cool in pan on a rack, about 1 hour.
- Cut into 9 or 16 squares.
- Chocolate glaze. In a 1- to 2-quart pan over low heat, frequently stir 1/3 cup whipping cream and 1 cup (6 oz.) semisweet chocolate chips until melted and smooth. Stir in 1 teaspoon vanilla. Use warm.

Nutrition Facts



Properties

Glycemic Index:33.45, Glycemic Load:19.9, Inflammation Score:-3, Nutrition Score:6.5121738392374%

Nutrients (% of daily need)

Calories: 312.18kcal (15.61%), Fat: 18.49g (28.45%), Saturated Fat: 6.53g (40.8%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 31.18g (11.34%), Sugar: 24.56g (27.28%), Cholesterol: 58.06mg (19.35%), Sodium: 170.2mg (7.4%), Alcohol: 0.15g (100%), Alcohol %: 0.28% (100%), Protein: 7.02g (14.04%), Manganese: 0.37mg (18.38%), Vitamin B3: 3.28mg (16.41%), Vitamin E: 2.26mg (15.07%), Phosphorus: 106.71mg (10.67%), Magnesium: 39.44mg (9.86%), Selenium: 6.86µg (9.8%), Folate: 36.65µg (9.16%), Vitamin B2: 0.13mg (7.85%), Vitamin B1: 0.09mg (5.94%), Vitamin B6: 0.12mg (5.89%), Copper: 0.11mg (5.51%), Vitamin A: 254.37IU (5.09%), Iron: 0.91mg (5.08%), Zinc: 0.75mg (4.99%), Fiber: 1.22g (4.88%), Vitamin B5: 0.44mg (4.37%), Potassium: 147.01mg (4.2%), Calcium: 26.47mg (2.65%),

Vitamin B12: 0.11µg (1.87%), Vitamin D: 0.22µg (1.48%)