



Peanut Butter Chocolate Jumble Bars

READY IN



105 min.

SERVINGS



16

CALORIES



306 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 pouch peanut butter sandwich cookie crumbs
- ☐ 0.3 cup butter softened
- ☐ 1 eggs
- ☐ 1 cup oats
- ☐ 1 cup semi chocolate chips
- ☐ 0.5 cup whipping cream
- ☐ 0.5 cup roasted peanuts

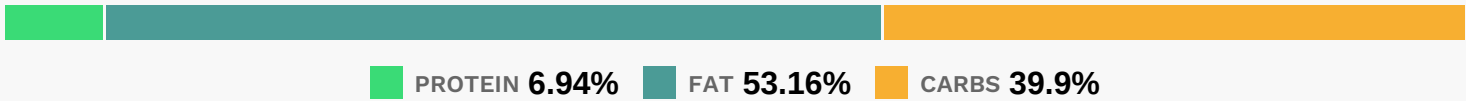
Equipment

- ☐ frying pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Make cookie dough by blending cookie mix, butter, egg and oats until soft dough forms. Reserve 1-cup cookie mixture for topping. Press remaining dough in bottom of ungreased 9-inch square pan.
- ☐ Microwave chocolate chips uncovered on High 1 to 2 minutes or until melted. Stir in whipping cream until blended.
- ☐ Spread chocolate mixture evenly over crust. Top with reserved cookie mixture.
- ☐ Sprinkle with peanuts.
- ☐ Bake at 375°F 25 to 30 minutes or until light golden brown and center is soft. Cool completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:1.94, Inflammation Score:-3, Nutrition Score:4.9978260971282%

Nutrients (% of daily need)

Calories: 306.43kcal (15.32%), Fat: 18.63g (28.66%), Saturated Fat: 6.57g (41.08%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 28.57g (10.39%), Sugar: 16.61g (18.45%), Cholesterol: 19.31mg (6.44%), Sodium: 326.18mg (14.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 5.47g (10.95%), Manganese: 0.48mg (23.76%), Fiber: 2.89g (11.56%), Magnesium: 42.14mg (10.53%), Copper: 0.19mg (9.61%), Iron: 1.51mg (8.36%), Phosphorus: 80.96mg (8.1%), Vitamin A: 298.97IU (5.98%), Selenium: 4.08µg (5.83%), Vitamin B3: 0.83mg (4.13%), Zinc: 0.6mg (4.03%), Potassium: 130.18mg (3.72%), Vitamin B1: 0.05mg (3.23%), Vitamin B2: 0.04mg (2.57%), Vitamin E: 0.35mg (2.31%), Folate: 9.01µg (2.25%), Calcium: 21.79mg (2.18%), Vitamin B5: 0.2mg (1.98%), Vitamin B6: 0.03mg (1.41%), Vitamin D: 0.17µg (1.16%), Vitamin K: 1.22µg (1.16%), Vitamin B12: 0.06µg (1.02%)