



## Peanut Butter Chocolate Pan Cookies



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



165 kcal

DESSERT

### Ingredients

- ☐ 0.8 cup crunchy peanut butter
- ☐ 2 eggs
- ☐ 1 teaspoon vanilla
- ☐ 1 cup brown sugar light packed
- ☐ 12 oz chocolate chips dark (2 cups)
- ☐ 2 cups frangelico

### Equipment

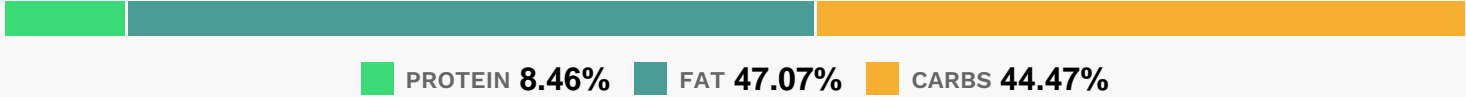
- ☐ bowl

- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 325°F. Lightly spray 15x10x1-inch pan with cooking spray.
- ☐ In large bowl, stir together peanut butter, eggs and vanilla. Stir in brown sugar until blended.
- ☐ Add Bisquick mix and 3/4 cup of the chocolate chips, stirring just until dry ingredients are moistened.
- ☐ Spread mixture in pan.
- ☐ Bake 20 minutes or until golden brown.
- ☐ Sprinkle with remaining 1 1/4 cups chocolate chips; let stand 5 minutes or until chocolate is melted.
- ☐ Spread melted chocolate evenly over top.
- ☐ Cut into 4 rows by 3 rows, then cut each bar in half to form a triangle.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.3643478310626%

## Nutrients (% of daily need)

Calories: 164.59kcal (8.23%), Fat: 8.83g (13.58%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 17.58g (6.39%), Sugar: 14.44g (16.04%), Cholesterol: 13.78mg (4.59%), Sodium: 62.14mg (2.7%), Alcohol: 0.06g (100%), Alcohol %: 0.21% (100%), Protein: 3.57g (7.14%), Manganese: 0.17mg (8.61%), Vitamin B3: 1.27mg (6.33%), Calcium: 56.26mg (5.63%), Zinc: 0.78mg (5.17%), Vitamin E: 0.77mg (5.13%), Phosphorus: 51.22mg (5.12%), Magnesium: 19.29mg (4.82%), Potassium: 167.29mg (4.78%), Fiber: 1.18g (4.73%), Copper: 0.08mg (3.98%), Selenium: 2.63µg (3.76%), Vitamin B6: 0.06mg (3.11%), Folate: 12.21µg (3.05%), Vitamin B2: 0.05mg (3.01%), Vitamin B5: 0.26mg (2.65%), Iron: 0.47mg (2.59%), Vitamin B1: 0.02mg (1.61%), Vitamin B12: 0.07µg (1.21%), Vitamin K: 1.14µg (1.09%)