



## Peanut Butter Cookie Bars

READY IN



45 min.

SERVINGS



6

CALORIES



916 kcal

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 1 cup bran
- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 1 cup butter melted
- 2 eggs beaten
- 0.7 cup granulated sugar
- 1 cup peanut butter
- 6 servings peanut butter candy pieces

- 0.8 cup rolled oats
- 1 tsp vanilla
- 1 cup flour all-purpose

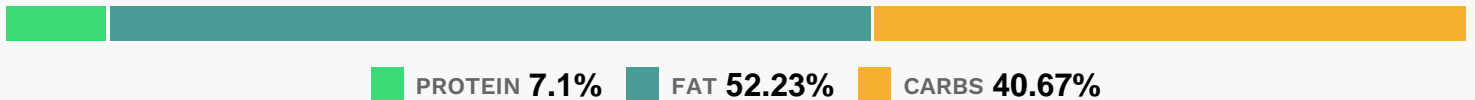
## Equipment

- bowl
- oven
- toothpicks

## Directions

- Preheat oven to 375 degrees. In a small bowl with melted butter, beat in the brown sugar, granulated sugar, peanut butter and eggs. Set aside. In a separate bowl, combine the flour, bran, oats and baking soda. Stir mixture into butter mixture. In a glass baking dishes, press out half of dough mixture into each.
- Sprinkle peanut butter candy pieces across top of dough mixture. Cook until done, testing with toothpick, approximately 19 minutes. Cook the rest of the batter, if desired or refrigerate for another time.
- Remove to rack to cool. To serve, cut into bars.

## Nutrition Facts



## Properties

Glycemic Index:57.18, Glycemic Load:31.59, Inflammation Score:-8, Nutrition Score:22.731739130435%

## Nutrients (% of daily need)

Calories: 915.95kcal (45.8%), Fat: 55.65g (85.61%), Saturated Fat: 24.62g (153.86%), Carbohydrates: 97.5g (32.5%), Net Carbohydrates: 89.69g (32.61%), Sugar: 63.15g (70.17%), Cholesterol: 135.9mg (45.3%), Sodium: 644.67mg (28.03%), Alcohol: 0.24g (1.34%), Protein: 17.01g (34.02%), Manganese: 2.29mg (114.66%), Vitamin B3: 8.51mg (42.54%), Magnesium: 157.08mg (39.27%), Selenium: 24.72µg (35.31%), Phosphorus: 349.16mg (34.92%), Vitamin E: 5.16mg (34.39%), Fiber: 7.82g (31.27%), Folate: 94.93µg (23.73%), Vitamin B1: 0.33mg (21.98%), Iron: 3.71mg (20.6%), Vitamin A: 1025.53IU (20.51%), Vitamin B2: 0.34mg (20.21%), Copper: 0.38mg (19.03%), Vitamin B6: 0.38mg (18.91%), Zinc: 2.56mg (17.06%), Potassium: 498.72mg (14.25%), Vitamin B5: 1.19mg (11.93%), Calcium: 85.24mg

(8.52%), Vitamin B12: 0.2 $\mu$ g (3.27%), Vitamin K: 3.33 $\mu$ g (3.17%), Vitamin D: 0.29 $\mu$ g (1.96%)