



Peanut Butter Cup Squares

READY IN



270 min.

SERVINGS



30

CALORIES



160 kcal

Ingredients

- 0.3 cup butter melted
- 8 oz philadelphia cream cheese softened
- 0.5 cup creamy peanut butter
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 25 peanut butter sandwich cookies divided
- 3 oz baker's semi-sweet chocolate
- 2.5 cups cool whip whipped topping divided thawed

Equipment

- bowl
- frying pan
- whisk
- aluminum foil
- microwave

Directions

- Line 9-inch square pan with Reynolds Wrap Aluminum Foil, with ends of foil extending over sides. Finely crush 24 cookies.
- Mix with butter; press onto bottom of prepared pan.
- Beat cream cheese and peanut butter in medium bowl with whisk until blended.
- Add milk and dry pudding mix; beat 2 min. Stir in 1 cup COOL WHIP; spoon over crust. Refrigerate until ready to use.
- Microwave remaining COOL WHIP and chocolate in microwaveable bowl on HIGH 1-1/2 to 2 min. or until chocolate is completely melted and mixture is well blended, stirring after each minute. Cool completely.
- Spread chocolate mixture over pudding layer in pan. Chop remaining cookie; sprinkle over chocolate mixture. Refrigerate 4 hours or until firm. Use foil handles to lift dessert from pan before cutting to serve.

Nutrition Facts

■ PROTEIN **6.38%** ■ FAT **57.31%** ■ CARBS **36.31%**

Properties

Glycemic Index:2.63, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:3.289565190025%

Nutrients (% of daily need)

Calories: 159.6kcal (7.98%), Fat: 10.41g (16.01%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 14.1g (5.13%), Sugar: 10.26g (11.4%), Cholesterol: 8.91mg (2.97%), Sodium: 127.1mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Manganese: 0.17mg (8.49%), Iron: 1.48mg (8.23%), Vitamin E: 0.81mg (5.43%), Phosphorus: 52.68mg (5.27%), Magnesium: 19.11mg (4.78%), Copper: 0.09mg (4.48%), Vitamin B3: 0.88mg (4.39%), Vitamin B2: 0.07mg (4.04%), Vitamin A: 188.61IU (3.77%), Vitamin K: 3.34µg (3.18%), Fiber: 0.74g (2.97%), Calcium: 28.47mg (2.85%), Selenium: 1.92µg (2.74%), Potassium: 93.65mg (2.68%), Folate: 10.68µg

(2.67%), Vitamin B1: 0.03mg (2.28%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.03mg (1.65%), Vitamin B5: 0.16mg (1.59%), Vitamin B12: 0.08µg (1.33%)