



Peanut Butter Fingers II

 Gluten Free

READY IN



25 min.

SERVINGS



15

CALORIES



409 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 cup brown sugar
- 1 cup butter melted
- 1 cup milk chocolate chips
- 0.8 cup peanut butter
- 4 cups rolled oats
- 0.5 cup sugar white

Equipment

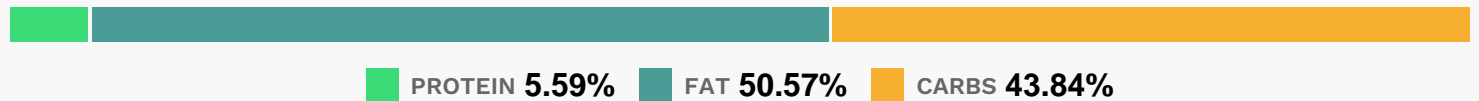
- bowl

- frying pan
- oven
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13 inch pan.
- In a medium bowl, mix together the oats, brown sugar and white sugar. Stir in the melted butter until well blended. Pat the mixture evenly into the bottom of the prepared pan.
- Bake for 15 minutes in the preheated oven, until toasty. In the microwave or in a heat-proof bowl over simmering water, melt chocolate chips and peanut butter together, stirring occasionally until smooth.
- Spread over the baked crust.
- Let cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:11.61, Glycemic Load:9.96, Inflammation Score:-4, Nutrition Score:8.0186956213868%

Nutrients (% of daily need)

Calories: 408.86kcal (20.44%), Fat: 23.72g (36.5%), Saturated Fat: 11.46g (71.65%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 43.46g (15.8%), Sugar: 29.31g (32.57%), Cholesterol: 32.54mg (10.85%), Sodium: 158.12mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.81%), Manganese: 0.98mg (49.18%), Phosphorus: 136.6mg (13.66%), Magnesium: 53.26mg (13.32%), Fiber: 2.8g (11.21%), Vitamin E: 1.62mg (10.78%), Selenium: 7.14µg (10.21%), Vitamin B3: 1.98mg (9.9%), Vitamin B1: 0.12mg (7.87%), Zinc: 1.13mg (7.56%), Vitamin A: 378.18IU (7.56%), Copper: 0.15mg (7.3%), Iron: 1.25mg (6.96%), Potassium: 208.58mg (5.96%), Folate: 18.61µg (4.65%), Vitamin B6: 0.09mg (4.27%), Calcium: 42.01mg (4.2%), Vitamin B5: 0.41mg (4.15%), Vitamin B2: 0.06mg (3.8%), Vitamin K: 1.53µg (1.46%)