



Peanut Butter Marshmallow Bars

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



189 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 cup firmly brown sugar light packed
- 0.5 cup butter flavor crisco® all-vegetable shortening for greasing
- 0.5 cup chocolate syrup flavored
- 0.5 cup jif® creamy peanut butter
- 0.5 cup jif® extra crunchy peanut butter
- 1 eggs
- 1.3 cups flour all-purpose

- 0.3 cup granulated sugar
- 4 cups marshmallows miniature
- 0.3 teaspoon salt

Equipment

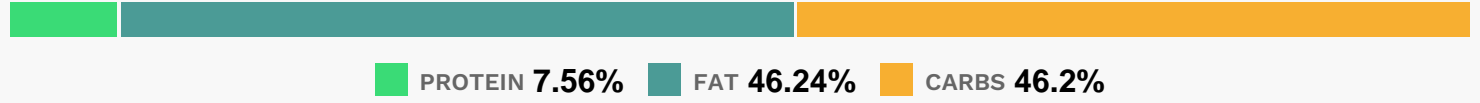
- bowl
- oven
- knife
- wire rack
- hand mixer
- microwave
- measuring cup
- glass baking pan

Directions

- Preheat oven to 350 degrees. Grease 13x9x2-inch glass baking dish with shortening.
- For cookie base, combine brown sugar, shortening, JIF® Extra Crunchy Peanut Butter, granulated sugar and egg in a large bowl. Beat at medium speed of electric mixer until well blended.
- Combine flour, baking powder and salt.
- Add gradually to creamed mixture at low speed. Beat until well blended. Cover. Refrigerate for 15 minutes. Press chilled cookie base into prepared dish.
- Bake for 20 minutes or until light brown. Do not over-bake. Cool 2–3 minutes.
- For topping, place JIF® Creamy Peanut Butter in microwave-safe measuring cup. Microwave at HIGH for 1 minute.
- Pour over baked surface.
- Spread to cover. Cover with marshmallows.
- Drizzle chocolate syrup over marshmallows. Return to oven.
- Bake 5 minutes or until marshmallows are light brown. Do not over-bake. Loosen from sides of dish with knife.

- Remove dish to cooling rack. Cool completely.
- Cut with sharp greased knife into bars about 2x2 inches.

Nutrition Facts



Properties

Glycemic Index:12.98, Glycemic Load:9.32, Inflammation Score:-2, Nutrition Score:3.8460869162303%

Nutrients (% of daily need)

Calories: 188.58kcal (9.43%), Fat: 10.03g (15.44%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 21.52g (7.82%), Sugar: 13.25g (14.72%), Cholesterol: 6.82mg (2.27%), Sodium: 105.81mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Manganese: 0.25mg (12.33%), Vitamin B3: 1.87mg (9.33%), Vitamin E: 1.11mg (7.43%), Magnesium: 23.82mg (5.95%), Phosphorus: 58.5mg (5.85%), Folate: 22.57µg (5.64%), Selenium: 3.7µg (5.29%), Copper: 0.11mg (5.28%), Vitamin B1: 0.07mg (4.43%), Fiber: 1.03g (4.14%), Iron: 0.72mg (4%), Vitamin B2: 0.06mg (3.55%), Potassium: 97.4mg (2.78%), Zinc: 0.41mg (2.7%), Vitamin B6: 0.05mg (2.7%), Vitamin K: 2.37µg (2.26%), Vitamin B5: 0.21mg (2.07%), Calcium: 19.95mg (2%)