



Peanut Butter Mud Hen Bars

READY IN



45 min.

SERVINGS



16

CALORIES



139 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 tablespoons brown sugar divided (use)
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 large eggs separated
- ☐ 0.5 cup flour all-purpose (spoon and sweep)
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup marshmallows mini
- ☐ 0.3 cup peanuts chopped
- ☐ 0.5 cup semi-sweet chocolate chips

☐ 0.3 teaspoon vanilla extract

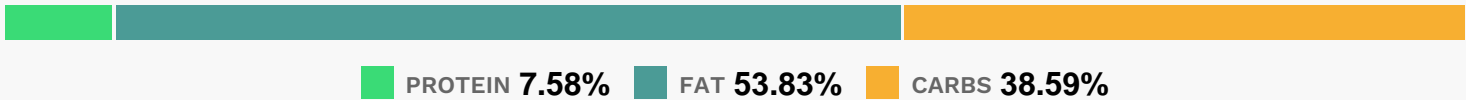
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F. Line an 8 inch square pan with foil and spray with baking spray or grease well and dust with flour.
- ☐ Mix together the butter, peanut butter, granulated sugar, 3 tablespoons of the brown sugar, vanilla and egg yolk.
- ☐ Add flour and stir just until mixed. Stir in the peanuts.
- ☐ Spread batter across bottom of prepared pan using wet fingers.
- ☐ Sprinkle the chocolate chips and marshmallows evenly over the batter and press lightly.Beat the egg white until stiff and beat in the brown sugar.
- ☐ Spread egg white mixture over marshmallow mixture (I stopped about 1/4 inch from the edges of pan leaving edges uncovered) and bake at 350 for 25 minutes or until meringue is brown.Cool in pan set on a wire rack for a few hours. Lift foil from pan and cut into squares. At this point, I recommend chilling the bars/squares for a while. They're easier to cut when cold, and should you decided to cut them into even smaller squares, it will be easier.Makes 16 squares (of which some will be crusty edges).

Nutrition Facts



Properties

Glycemic Index:17.74, Glycemic Load:5.23, Inflammation Score:-2, Nutrition Score:3.2078261284725%

Nutrients (% of daily need)

Calories: 138.58kcal (6.93%), Fat: 8.51g (13.09%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 12.78g (4.65%), Sugar: 8.66g (9.63%), Cholesterol: 19.58mg (6.53%), Sodium: 47.58mg (2.07%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Caffeine: 4.7mg (1.57%), Protein: 2.7g (5.39%), Manganese: 0.22mg (11.06%), Vitamin B3: 1.18mg (5.92%), Copper: 0.12mg (5.82%), Magnesium: 22.27mg (5.57%), Phosphorus: 48.21mg (4.82%), Selenium: 3.18µg (4.54%), Folate: 17.7µg (4.43%), Iron: 0.76mg (4.24%), Fiber: 0.95g (3.82%), Vitamin B1: 0.05mg (3.66%), Vitamin E: 0.52mg (3.45%), Vitamin B2: 0.05mg (2.88%), Zinc: 0.37mg (2.45%), Potassium: 83.29mg (2.38%), Vitamin A: 108.25IU (2.16%), Vitamin B6: 0.04mg (1.79%), Vitamin B5: 0.17mg (1.71%), Calcium: 12.92mg (1.29%)