



Peanut Butter Pie Bars

READY IN



40 min.

SERVINGS



15

CALORIES



441 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.8 cup butter melted
- ☐ 1.5 cups confectioners' sugar
- ☐ 1 cup crunchy peanut butter
- ☐ 1 cup flour all-purpose
- ☐ 3 cups graham cracker crumbs
- ☐ 0.7 cup honey
- ☐ 0.5 cup peanut butter chips
- ☐ 0.5 cup semi-sweet chocolate chips

☐ 1 tablespoon vanilla extract

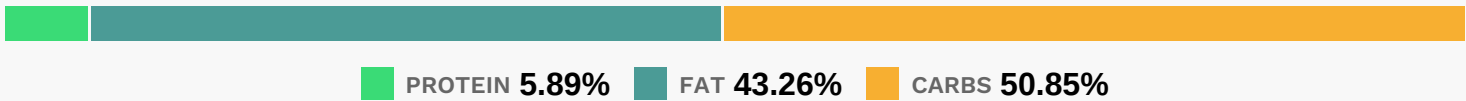
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix graham cracker crumbs and melted butter together in a bowl until cracker crumbs are moistened. Press evenly into the bottom of a 9x13-inch baking pan.
- ☐ Bake in the preheated oven until lightly browned, about 7 minutes.
- ☐ Mix peanut butter, confectioners' sugar, honey, and vanilla extract together in a mixing bowl; stir in brown sugar. Fold flour into peanut butter mixture until well incorporated.
- ☐ Spread peanut butter mixture over graham cracker crust.
- ☐ Sprinkle with chocolate chips and peanut butter chips.
- ☐ Bake in the preheated oven until chips start to melt, 13 to 15 minutes. Cool before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:20.13, Inflammation Score:-4, Nutrition Score:7.4178260344526%

Nutrients (% of daily need)

Calories: 440.87kcal (22.04%), Fat: 21.79g (33.53%), Saturated Fat: 8.7g (54.39%), Carbohydrates: 57.63g (19.21%), Net Carbohydrates: 54.96g (19.99%), Sugar: 38.81g (43.12%), Cholesterol: 24.75mg (8.25%), Sodium: 271.01mg (11.78%), Alcohol: 0.3g (100%), Alcohol %: 0.38% (100%), Caffeine: 5.02mg (1.67%), Protein: 6.68g (13.36%), Manganese: 0.46mg (23.15%), Vitamin B3: 3.57mg (17.83%), Magnesium: 50.82mg (12.71%), Phosphorus: 116.64mg (11.66%), Fiber: 2.67g (10.68%), Iron: 1.9mg (10.57%), Copper: 0.2mg (9.98%), Folate: 39.52µg (9.88%), Vitamin E:

1.39mg (9.24%), Vitamin B1: 0.12mg (8.3%), Selenium: 5.12µg (7.31%), Zinc: 1.07mg (7.11%), Vitamin B2: 0.12mg (6.83%), Potassium: 221.7mg (6.33%), Vitamin A: 286.55IU (5.73%), Vitamin B6: 0.1mg (5.08%), Calcium: 35.81mg (3.58%), Vitamin B5: 0.28mg (2.79%), Vitamin K: 1.33µg (1.26%)