



Peanut Butter Poke Cake Brownies

READY IN



220 min.

SERVINGS



40

CALORIES



119 kcal

DESSERT

Ingredients

- 18 oz brownie mix (13x9-inch pan size)
- 0.8 cup creamy peanut butter divided
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 2 cups cool whip whipped topping thawed

Equipment

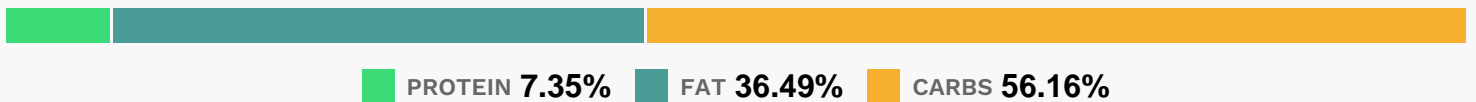
- bowl
- oven

- whisk
- baking pan
- toothpicks
- microwave

Directions

- Heat oven to 350F.
- Prepare brownie batter as directed on package; pour into 13x9-inch baking dish sprayed with cooking spray.
- Bake 40 min. or until toothpick inserted in center comes out with fudgy crumbs. (Do not overbake.) Cool completely.
- Make 36 holes in top of brownie, leaving thin layer of brownie on bottom on each hole. Reserve removed pieces for later use.
- Beat pudding mixes and milk in medium bowl with whisk 2 min.
- Add 2/3 cup peanut butter; mix well. Stir in COOL WHIP.
- Spread over brownie; top with reserved brownie pieces.
- Microwave remaining peanut butter in microwaveable bowl on HIGH 30 sec.; stir.
- Drizzle over dessert. Refrigerate 2 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:1.3, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.5078260833802%

Nutrients (% of daily need)

Calories: 119.13kcal (5.96%), Fat: 4.92g (7.56%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 16.77g (6.1%), Sugar: 12.13g (13.48%), Cholesterol: 1.54mg (0.51%), Sodium: 95.94mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Manganese: 0.07mg (3.59%), Vitamin B3: 0.66mg (3.3%), Phosphorus: 31.59mg (3.16%), Vitamin E: 0.47mg (3.1%), Iron: 0.45mg (2.5%), Magnesium: 9.9mg (2.48%), Calcium: 20.28mg (2.03%), Vitamin B2: 0.03mg (1.77%), Vitamin B6: 0.03mg (1.48%), Potassium: 50.33mg (1.44%), Vitamin B12: 0.07µg (1.22%), Zinc: 0.18mg (1.18%), Copper: 0.02mg (1.09%), Folate: 4.27µg (1.07%), Fiber:

0.26g (1.04%)