



WHATSheATE



Peanut Butter S'Mores Bars

READY IN



45 min.

SERVINGS



28

CALORIES



141 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar packed
- ☐ 2 tablespoons butter softened
- ☐ 2 large egg whites
- ☐ 7 ounce marshmallow crème
- ☐ 0.5 cup peanut butter reduced-fat
- ☐ 0.3 cup roasted peanuts chopped
- ☐ 1.5 cups self-rising flour
- ☐ 0.7 cup semi chocolate chips
- ☐ 0.5 teaspoon vanilla extract

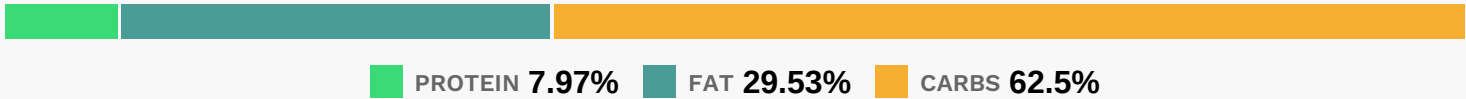
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine first 5 ingredients in a mixing bowl; beat with a mixer at medium speed until combined. Lightly spoon flour into dry measuring cups; level with a knife. Stir in flour.
- ☐ Press mixture into a 13 x 9-inch pan coated with cooking spray.
- ☐ Spread marshmallow creme over dough.
- ☐ Sprinkle evenly with peanuts and chocolate chips.
- ☐ Bake at 350 for 20 to 22 minutes or until lightly browned. Cool completely.

Nutrition Facts



Properties

Glycemic Index:4.18, Glycemic Load:3.15, Inflammation Score:-1, Nutrition Score:2.5843478195045%

Nutrients (% of daily need)

Calories: 140.78kcal (7.04%), Fat: 4.77g (7.34%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 21.87g (7.95%), Sugar: 14.03g (15.59%), Cholesterol: 2.41mg (0.8%), Sodium: 43.63mg (1.9%), Alcohol: 0.02g (100%), Alcohol %: 0.09% (100%), Caffeine: 3.69mg (1.23%), Protein: 2.9g (5.8%), Manganese: 0.21mg (10.7%), Selenium: 4.04µg (5.77%), Copper: 0.11mg (5.26%), Magnesium: 20.23mg (5.06%), Vitamin B3: 0.98mg (4.91%), Phosphorus: 40.6mg (4.06%), Fiber: 0.86g (3.44%), Vitamin E: 0.49mg (3.28%), Iron: 0.51mg (2.81%), Potassium: 86.57mg (2.47%), Zinc: 0.33mg (2.2%), Folate: 6.82µg (1.7%), Vitamin B1: 0.02mg (1.56%), Calcium: 13.51mg (1.35%), Vitamin B5: 0.13mg (1.25%), Vitamin B6: 0.02mg (1.25%), Vitamin B2: 0.02mg (1.22%)