

Peanut Butter Squares

READY IN



20 min.

SERVINGS



48

CALORIES



123 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup butter cubed
- 1 cup coconut flakes flaked
- 16 ounces cream cheese softened
- 1.5 cups graham cracker crumbs (24 squares)
- 0.7 cup peanut butter
- 0.5 cup roasted peanuts salted chopped
- 4 ounces bittersweet chocolate chopped
- 0.8 cup sugar
- 1 teaspoon vanilla extract

0.3 cup wheat germ toasted

Equipment

bowl

frying pan

microwave

Directions

In a microwave-safe bowl, melt butter and chocolate; stir until smooth. Stir in the cracker crumbs, coconut, peanuts and wheat germ. Press into a greased 13x9-in. pan. Cover and refrigerate for at least 30 minutes.

In a small bowl, combine filling ingredients.

Spread over crust. Cover and refrigerate for at least 30 minutes.

In a microwave, melt chocolate and butter; stir until smooth.

Pour over filling. Cover and refrigerate for at least 30 minutes or until topping is set.

Cut into squares. Refrigerate leftovers.

Nutrition Facts



PROTEIN 7.61% **FAT 65.03%** **CARBS 27.36%**

Properties

Glycemic Index:4.9, Glycemic Load:3.82, Inflammation Score:-2, Nutrition Score:2.7647826009956%

Nutrients (% of daily need)

Calories: 122.67kcal (6.13%), Fat: 9.16g (14.1%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 7.72g (2.81%), Sugar: 5.46g (6.07%), Cholesterol: 12.23mg (4.08%), Sodium: 77.53mg (3.37%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 2.41g (4.82%), Manganese: 0.25mg (12.46%), Phosphorus: 48.57mg (4.86%), Magnesium: 18.23mg (4.56%), Vitamin B3: 0.88mg (4.42%), Copper: 0.08mg (3.81%), Fiber: 0.95g (3.81%), Vitamin A: 157.64IU (3.15%), Vitamin E: 0.46mg (3.05%), Selenium: 2.1µg (3.01%), Zinc: 0.39mg (2.62%), Iron: 0.46mg (2.57%), Vitamin B2: 0.04mg (2.54%), Potassium: 77.95mg (2.23%), Folate: 8.93µg (2.23%), Vitamin B6: 0.04mg (2.08%), Vitamin B1: 0.03mg (2.07%), Calcium: 17mg (1.7%), Vitamin B5: 0.15mg (1.49%)