



Peanut Butter Squares

READY IN



320 min.

SERVINGS



20

CALORIES



183 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 8 oz philadelphia cream cheese softened
- 0.5 cup creamy peanut butter
- 0.3 cup butter melted
- 2 Tbsp milk
- 1.3 cups oreo cookies crushed finely
- 0.8 cup powdered sugar
- 2 cups cool whip whipped topping thawed

Equipment

- bowl
- frying pan
- blender

Directions

- Blend cookie crumbs and margarine until blended; press onto bottom of 8-inch square pan. Refrigerate until ready to use.
- Beat cream cheese and sugar in large bowl with mixer on high speed until light and fluffy.
- Add peanut butter and milk; mix well. Gently stir in COOL WHIP; spread over crust.
- Refrigerate 5 hours.

Nutrition Facts



Properties

Glycemic Index:3.95, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:3.3847826043063%

Nutrients (% of daily need)

Calories: 183.3kcal (9.16%), Fat: 12.55g (19.31%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.38g (5.59%), Sugar: 11.69g (12.99%), Cholesterol: 11.78mg (3.93%), Sodium: 137.48mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6.01%), Manganese: 0.17mg (8.42%), Iron: 1.42mg (7.92%), Vitamin E: 1.07mg (7.17%), Vitamin B3: 1.16mg (5.78%), Vitamin A: 261.98IU (5.24%), Phosphorus: 51.64mg (5.16%), Magnesium: 17.72mg (4.43%), Vitamin B2: 0.07mg (4.38%), Folate: 13.33µg (3.33%), Copper: 0.07mg (3.29%), Vitamin K: 3.42µg (3.26%), Selenium: 2.03µg (2.9%), Potassium: 87.41mg (2.5%), Fiber: 0.62g (2.48%), Calcium: 24.47mg (2.45%), Vitamin B1: 0.04mg (2.34%), Zinc: 0.31mg (2.09%), Vitamin B6: 0.04mg (2.01%), Vitamin B5: 0.17mg (1.73%)