



Peanut Butter Streusel Brownies

 Vegetarian

READY IN



10 min.

SERVINGS



16

CALORIES



323 kcal

DESSERT

Ingredients

- ☐ 4 oz baker's chocolate unsweetened
- ☐ 0.5 cup brown sugar packed
- ☐ 0.8 cup butter
- ☐ 2 tablespoons butter melted
- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups granulated sugar

- ☐ 2 tablespoons granulated sugar
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup peanut butter
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

Equipment

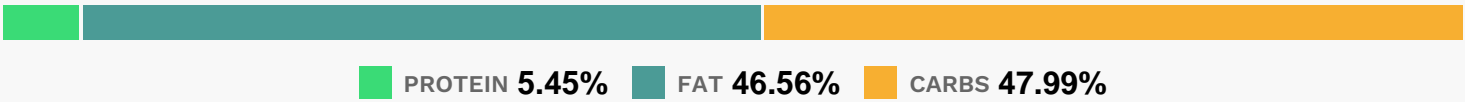
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 350
- ☐ Line bottom and sides of an 8-inch pan with aluminum foil, allowing 2 to 3 inches to extend over sides; lightly grease foil.
- ☐ Microwave chocolate squares and 3/4 cup butter in a large microwave-safe bowl at HIGH 1 1/2 to 2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Whisk in 1 1/2 cups granulated and 1/2 cup brown sugars.
- ☐ Add eggs, 1 at a time, whisking just until blended after each addition.
- ☐ Whisk in 1 cup flour, vanilla, and 1/8 teaspoon salt.
- ☐ Pour mixture into prepared pan.
- ☐ Stir together 1/2 cup flour, 2 Tbsp. brown sugar, 2 Tbsp. granulated sugar, peanut butter, 2 Tbsp. melted butter, and 1/8 tsp. salt until blended and crumbly.
- ☐ Sprinkle peanut butter mixture over batter.
- ☐ Bake at 350 for 50 to 54 minutes or until a wooden pick inserted in center comes out with a few moist crumbs. Cool completely on a wire rack (about 1 hour). Lift brownies from pan,

using foil sides as handles. Gently remove foil, and cut brownies into 16 squares.

Nutrition Facts



Properties

Glycemic Index:25.26, Glycemic Load:20.74, Inflammation Score:-4, Nutrition Score:6.6165217109348%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 323.01kcal (16.15%), Fat: 17.57g (27.04%), Saturated Fat: 9.52g (59.48%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 39g (14.18%), Sugar: 29.07g (32.3%), Cholesterol: 61.51mg (20.5%), Sodium: 138.72mg (6.03%), Alcohol: 0.09g (100%), Alcohol %: 0.15% (100%), Caffeine: 5.67mg (1.89%), Protein: 4.63g (9.26%), Manganese: 0.46mg (23.17%), Copper: 0.28mg (14.04%), Iron: 2.11mg (11.7%), Selenium: 7.99µg (11.42%), Magnesium: 36.99mg (9.25%), Folate: 32.91µg (8.23%), Phosphorus: 81.11mg (8.11%), Vitamin B3: 1.53mg (7.63%), Vitamin B1: 0.11mg (7.62%), Vitamin B2: 0.13mg (7.43%), Vitamin A: 360.27IU (7.21%), Fiber: 1.75g (7%), Zinc: 1.04mg (6.92%), Vitamin E: 0.91mg (6.07%), Potassium: 129.51mg (3.7%), Vitamin B5: 0.29mg (2.89%), Calcium: 26.97mg (2.7%), Vitamin B6: 0.05mg (2.54%), Vitamin B12: 0.1µg (1.74%), Vitamin K: 1.63µg (1.56%), Vitamin D: 0.19µg (1.25%)