



Peanut Butter Tandy Bars

READY IN



45 min.

SERVINGS



24

CALORIES



190 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 teaspoons double-acting baking powder
- 4 eggs
- 2 cups flour all-purpose
- 1 cup milk
- 1 cup peanut butter
- 0.3 teaspoon salt
- 1 ounce semi-sweet chocolate
- 1 teaspoon vanilla extract
- 2 cups sugar white

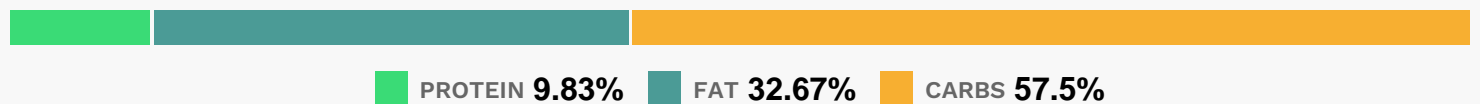
Equipment

- bowl
- frying pan
- oven
- double boiler
- baking pan
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 11x 7 inch baking pan.
- In a large bowl, combine eggs and sugar.
- Mix until light. Stir in the milk and vanilla extract. Sift together the flour, baking powder, and salt. Stir this into the egg mixture until well blended.
- Pour into prepared pan, spread evenly, and bake for 15 to 20 minutes.
- While still warm from the oven, spread the peanut butter over the top of the bars. Then cool in the refrigerator.
- Melt the chocolate candy bar in the microwave or over a double boiler.
- Spread the melted chocolate over the cooled peanut butter layer and refrigerate again until chocolate is set.
- Cut into squares.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:17.91, Inflammation Score:-2, Nutrition Score:4.8456521682117%

Nutrients (% of daily need)

Calories: 190.34kcal (9.52%), Fat: 7.12g (10.96%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 27.31g (9.93%), Sugar: 18.76g (20.85%), Cholesterol: 28.57mg (9.52%), Sodium: 120.46mg (5.24%),

Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 4.82g (9.65%), Manganese: 0.25mg (12.39%), Vitamin B3: 2.07mg (10.36%), Selenium: 6.62µg (9.45%), Phosphorus: 82.87mg (8.29%), Folate: 31.75µg (7.94%), Vitamin B2: 0.12mg (7.26%), Vitamin E: 1.07mg (7.16%), Vitamin B1: 0.11mg (7.04%), Magnesium: 24.75mg (6.19%), Iron: 0.92mg (5.1%), Calcium: 43.96mg (4.4%), Copper: 0.08mg (4.08%), Vitamin B6: 0.07mg (3.57%), Fiber: 0.89g (3.57%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.31mg (3.14%), Potassium: 104.5mg (2.99%), Vitamin B12: 0.12µg (2.04%), Vitamin D: 0.26µg (1.72%), Vitamin A: 56.66IU (1.13%)