



Peanut Butter/Chocolate Chip Cookie Bars

READY IN



45 min.

SERVINGS



20

CALORIES



235 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 1.5 cups graham cracker crumbs
- 1 cup peanut butter chips
- 2 cups semi chocolate chips
- 14 ounce condensed milk sweetened canned

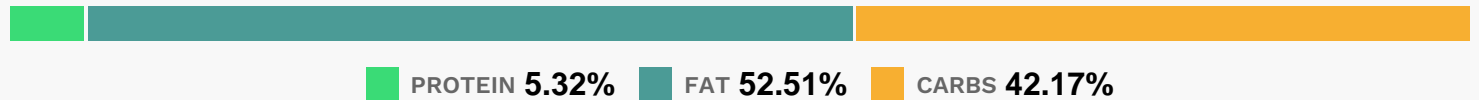
Equipment

- frying pan
- oven

Directions

- Preheat oven to 350 degrees F.
- Melt butter over low heat.
- Pour butter into 13 x 9 inch pan.
- Sprinkle graham cracker crumbs over butter.
- Pour condensed milk over crumbs.
- Sprinkle chocolate and peanut butter chips over milk mixture and press down firmly.
- Bake 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:9.98, Inflammation Score:-3, Nutrition Score:4.7878260301507%

Nutrients (% of daily need)

Calories: 235.32kcal (11.77%), Fat: 13.85g (21.31%), Saturated Fat: 8.07g (50.44%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 23.38g (8.5%), Sugar: 18.86g (20.95%), Cholesterol: 20.03mg (6.68%), Sodium: 105.01mg (4.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.48mg (5.16%), Protein: 3.16g (6.32%), Manganese: 0.24mg (11.98%), Copper: 0.23mg (11.48%), Phosphorus: 111.1mg (11.11%), Magnesium: 40.67mg (10.17%), Iron: 1.44mg (7.98%), Calcium: 73.86mg (7.39%), Fiber: 1.65g (6.62%), Selenium: 4.51µg (6.44%), Vitamin B2: 0.11mg (6.38%), Potassium: 188.2mg (5.38%), Zinc: 0.79mg (5.27%), Vitamin A: 203.8IU (4.08%), Vitamin B1: 0.04mg (2.55%), Vitamin B3: 0.43mg (2.17%), Vitamin B12: 0.13µg (2.16%), Vitamin B5: 0.21mg (2.09%), Vitamin E: 0.27mg (1.8%), Vitamin K: 1.81µg (1.73%), Folate: 5.25µg (1.31%), Vitamin B6: 0.02mg (1.14%)