



Peanut Crumble Bars

READY IN



90 min.

SERVINGS



48

CALORIES



147 kcal

DESSERT

Ingredients

- ☐ 2 cups sugar
- ☐ 0.5 cup butter melted
- ☐ 2 eggs
- ☐ 1 teaspoon vanilla
- ☐ 1.5 cups flour all-purpose
- ☐ 0.7 cup cocoa powder
- ☐ 1 cup oats
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 cup roasted peanuts salted chopped

- ☐ 8 oz cream cheese softened
- ☐ 3 eggs
- ☐ 14 oz condensed milk sweetened canned
- ☐ 0.5 cup peanut butter
- ☐ 1 teaspoon vanilla

Equipment


- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer
- ☐ toothpicks

Directions

- ☐ Heat oven to 350°F (if using dark or nonstick pan, heat oven to 325°F). Grease bottom and sides of 15x10x1-inch pan with shortening or spray with cooking spray.
- ☐ In large bowl, beat sugar, butter, 2 eggs, 1 teaspoon vanilla, the flour, cocoa, oats and baking powder with electric mixer on medium speed until well mixed. Stir in peanuts. In small bowl, reserve 1 1/2 cups oat mixture for topping. Press remaining oat mixture on bottom of pan to form crust.
- ☐ In medium bowl, beat cream cheese on medium speed until smooth.
- ☐ Add 3 eggs, the milk, peanut butter and 1 teaspoon vanilla. Beat on medium speed, scraping bowl occasionally, until well mixed. Spoon peanut butter mixture over oat mixture in pan; spread evenly to edges of pan. Carefully crumble reserved oat mixture evenly over peanut butter layer.
- ☐ Bake 35 to 45 minutes or until toothpick comes out clean. Cool completely in pan on wire rack, about 30 minutes. For bars, cut into 8 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



 **PROTEIN 8.98%**  **FAT 41.93%**  **CARBS 49.09%**

Properties

Glycemic Index:8.42, Glycemic Load:11.51, Inflammation Score:-2, Nutrition Score:3.6799999954908%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 147.28kcal (7.36%), Fat: 7.15g (11%), Saturated Fat: 2.45g (15.34%), Carbohydrates: 18.83g (6.28%), Net Carbohydrates: 17.86g (6.5%), Sugar: 13.37g (14.85%), Cholesterol: 24.63mg (8.21%), Sodium: 77.15mg (3.35%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 3.44g (6.89%), Manganese: 0.22mg (11.17%), Selenium: 5.38µg (7.69%), Phosphorus: 72.24mg (7.22%), Vitamin B2: 0.1mg (5.85%), Magnesium: 21.7mg (5.43%), Vitamin B3: 0.88mg (4.41%), Copper: 0.08mg (4.23%), Vitamin B1: 0.06mg (3.99%), Calcium: 39.64mg (3.96%), Folate: 15.81µg (3.95%), Vitamin A: 194.86IU (3.9%), Fiber: 0.97g (3.88%), Iron: 0.62mg (3.43%), Vitamin E: 0.44mg (2.9%), Potassium: 99.99mg (2.86%), Zinc: 0.42mg (2.82%), Vitamin B5: 0.24mg (2.43%), Vitamin B6: 0.04mg (1.78%), Vitamin B12: 0.09µg (1.5%)