



Petey's Squares

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



227 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups confectioners' sugar
- ☐ 1 cup graham cracker crumbs
- ☐ 1.5 cups peanut butter
- ☐ 2 cups semi chocolate chips
- ☐ 0.3 cup walnuts chopped

Equipment

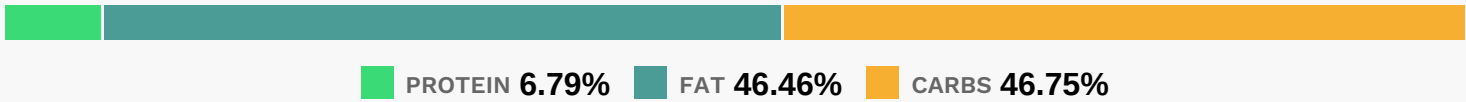
- ☐ bowl
- ☐ double boiler

- ☐ baking pan
- ☐ microwave

Directions

- ☐ In a medium bowl, mix together the graham cracker crumbs, confectioners' sugar and peanut butter. Press into the bottom of a 9x13 inch baking pan. Melt chocolate chips in the microwave or over a double boiler.
- ☐ Spread over the bottom layer and sprinkle with chopped nuts (if desired). Chill for 20 to 30 minutes, then cut into squares. Do not chill for too long or the top will crack when cutting which is not as attractive.

Nutrition Facts



Properties

Glycemic Index:3.6, Glycemic Load:1.84, Inflammation Score:-2, Nutrition Score:4.7473913125046%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg

Nutrients (% of daily need)

Calories: 226.98kcal (11.35%), Fat: 12.1g (18.62%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 27.4g (9.13%), Net Carbohydrates: 25.66g (9.33%), Sugar: 22.08g (24.53%), Cholesterol: 0.72mg (0.24%), Sodium: 75.33mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.32mg (3.44%), Protein: 3.98g (7.96%), Manganese: 0.38mg (19.1%), Magnesium: 46.11mg (11.53%), Copper: 0.22mg (11.07%), Vitamin B3: 1.93mg (9.67%), Phosphorus: 83.96mg (8.4%), Vitamin E: 1.25mg (8.35%), Fiber: 1.74g (6.96%), Iron: 1.14mg (6.31%), Zinc: 0.73mg (4.88%), Potassium: 150.37mg (4.3%), Vitamin B6: 0.07mg (3.47%), Folate: 13.34µg (3.33%), Vitamin B2: 0.04mg (2.46%), Selenium: 1.68µg (2.4%), Vitamin B1: 0.03mg (2.09%), Vitamin B5: 0.18mg (1.78%), Calcium: 17.09mg (1.71%)