



Sarah's PB and J Chocolate Bars

READY IN



65 min.

SERVINGS



36

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup confectioners' sugar
- 0.3 cup creamy peanut butter
- 1 large eggs beaten
- 0.3 cup granulated sugar
- 0.3 cup grape jelly
- 0.8 cup roasted peanuts finely chopped
- 1 sleeve saltines whole wheat crushed finely (40 crackers, regular or)
- 4 ounces bittersweet chocolate chopped
- 1 stick butter unsalted

- 7 tablespoons butter unsalted softened
- 0.3 cup cocoa powder unsweetened

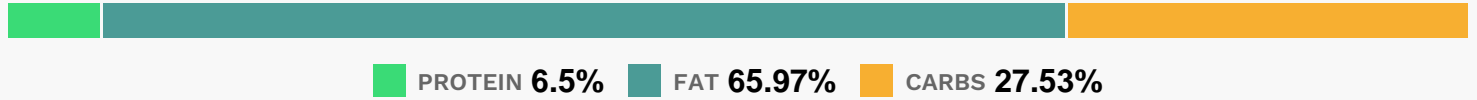
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- baking pan
- aluminum foil

Directions

- Make the base: Line an 8-inch square baking pan with foil, extending it over the sides.
- Put the butter in a medium heatproof bowl; position the bowl over a saucepan of barely simmering water (the bowl should not touch the water). Once the butter melts, stir in the sugar and cocoa.
- Whisk in the egg; cook, whisking, until the mixture is warm and the consistency of hot fudge, 6 minutes.
- Remove from the heat; mix in the saltine crumbs and peanuts. Press the crust into the pan. Set aside the saucepan of water.
- Spread the jelly over the crust in the pan; place in the freezer for a few minutes. Beat 5 tablespoons plus 1 teaspoon butter, the peanut butter and confectioners' sugar with a mixer until light.
- Spread over the jelly layer; return to the freezer while you make the glaze.
- Place the chocolate and the remaining 2 tablespoons butter in a heatproof bowl; set over the pan of simmering water and stir until the chocolate is melted.
- Remove from the heat; stir until smooth. When cool but still runny, spread the glaze over the chilled peanut butter layer. Freeze for another 30 minutes.
- Use the foil flaps to remove the bars from the pan; cut into squares while still cold.
- Serve cold and keep leftovers refrigerated.

Nutrition Facts



Properties

Glycemic Index:3.86, Glycemic Load:2.23, Inflammation Score:-2, Nutrition Score:2.3721738807533%

Flavonoids

Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg, Epicatechin: 1.56mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 116.46kcal (5.82%), Fat: 8.93g (13.74%), Saturated Fat: 4.29g (26.78%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.43g (2.7%), Sugar: 6.05g (6.73%), Cholesterol: 17.96mg (5.99%), Sodium: 28.11mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.54mg (1.51%), Protein: 1.98g (3.96%), Manganese: 0.18mg (9.07%), Copper: 0.1mg (5.21%), Magnesium: 19.06mg (4.77%), Vitamin B3: 0.83mg (4.13%), Phosphorus: 38.59mg (3.86%), Fiber: 0.96g (3.84%), Vitamin A: 155.54IU (3.11%), Vitamin E: 0.39mg (2.61%), Iron: 0.46mg (2.58%), Potassium: 72.38mg (2.07%), Zinc: 0.28mg (1.9%), Folate: 7.34µg (1.84%), Selenium: 1.27µg (1.81%), Vitamin B2: 0.02mg (1.28%), Vitamin B6: 0.02mg (1.17%), Vitamin B1: 0.02mg (1.09%), Vitamin B5: 0.11mg (1.08%)