



Sunny's Pantry Bars

 Vegetarian

READY IN



75 min.

SERVINGS



20

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 stick butter at room temperature
- ☐ 3 tablespoons butter cold cubed
- ☐ 0.5 cup chocolate chips
- ☐ 0.8 cup creamy peanut butter
- ☐ 1 eggs
- ☐ 1.5 cups flour
- ☐ 2 tablespoons flour

- ☐ 20 servings kosher salt
- ☐ 0.8 cup brown sugar light
- ☐ 2 tablespoons brown sugar light
- ☐ 1 cup peanuts salted chopped
- ☐ 1 cup strawberry jam
- ☐ 0.5 cup coconut flakes sweetened
- ☐ 0.5 teaspoon vanilla extract

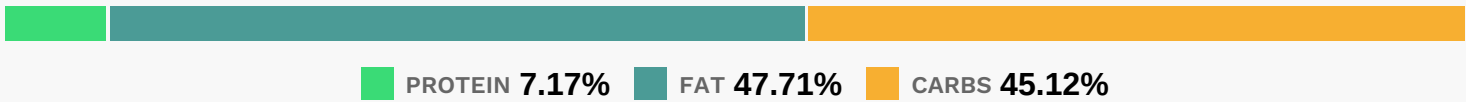
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ stand mixer

Directions

- ☐ Heat the oven to 350 degrees F.
- ☐ Using 1 tablespoon butter, grease the bottom and sides of an 8 by 8-inch baking pan.
- ☐ To make the topping: In a small bowl, mash together the peanuts, flour, brown sugar, and a pinch of salt. Using your fingertips, mix in the butter. Set aside.
- ☐ To make the bars: In a stand mixer, blend the butter, peanut butter, and brown sugar until light and creamy.
- ☐ Add the egg, vanilla extract, baking powder, and 1/2 teaspoon of salt in order, scraping down the sides as needed. Slowly blend in the flour then fold in the chocolate chips and shredded coconut. Press into the bottom of the prepared dish, then spread the jelly over the entire dish.
- ☐ Sprinkle the reserved peanut topping over the top and bake until the edges and topping are golden brown, about 30 to 35 minutes. Allow it to cool before slicing.

Nutrition Facts



Properties

Glycemic Index:20.55, Glycemic Load:12.19, Inflammation Score:-3, Nutrition Score:6.0339130901772%

Nutrients (% of daily need)

Calories: 311.3kcal (15.56%), Fat: 17.01g (26.17%), Saturated Fat: 6.96g (43.52%), Carbohydrates: 36.2g (12.07%), Net Carbohydrates: 34.41g (12.51%), Sugar: 21.83g (24.26%), Cholesterol: 24.85mg (8.28%), Sodium: 344.82mg (14.99%), Alcohol: 0.03g (100%), Alcohol %: 0.06% (100%), Protein: 5.75g (11.5%), Manganese: 0.42mg (20.87%), Vitamin B3: 3.01mg (15.06%), Folate: 39.34µg (9.84%), Phosphorus: 86.13mg (8.61%), Magnesium: 33.92mg (8.48%), Selenium: 5.93µg (8.47%), Vitamin B1: 0.12mg (8.02%), Vitamin E: 1.11mg (7.41%), Fiber: 1.79g (7.14%), Copper: 0.13mg (6.65%), Vitamin B2: 0.1mg (5.92%), Iron: 1.04mg (5.77%), Potassium: 173.34mg (4.95%), Vitamin A: 205.55IU (4.11%), Vitamin B6: 0.08mg (3.9%), Calcium: 37.35mg (3.74%), Zinc: 0.53mg (3.51%), Vitamin B5: 0.31mg (3.1%), Vitamin C: 1.5mg (1.81%)