



Triple-Layer Peanut Butter Brownies

READY IN



130 min.

SERVINGS



32

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 19.5 ounce brownie mix
- ☐ 1 cup creamy peanut butter
- ☐ 3.4 ounce jell-o vanilla flavor pudding instant
- ☐ 1 cup milk cold
- ☐ 0.5 cup powdered sugar
- ☐ 0.5 cup planters roasted peanuts dry coarsely chopped
- ☐ 3 squares baker's semi-sweet chocolate
- ☐ 1.5 cups cool whip whipped topping (Do not thaw.)

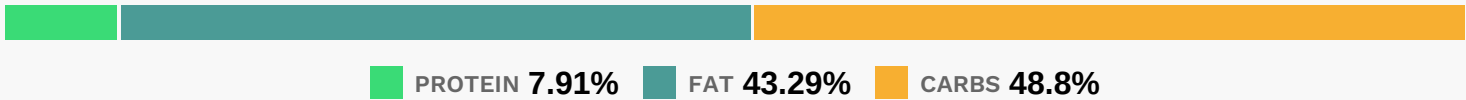
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ microwave

Directions

- ☐ Prepare and bake brownies in 13x9-inch pan as directed on package; cool. Meanwhile, beat milk and pudding mix with whisk 2 minutes.
- ☐ Add peanut butter and sugar; mix well. Refrigerate until brownies are completely cooled.
- ☐ Spread pudding mixture over brownies.
- ☐ Microwave COOL WHIP and chocolate on HIGH 1 min., stirring every 30 sec.
- ☐ Spread over pudding; sprinkle with nuts. Refrigerate 1 hour

Nutrition Facts



Properties

Glycemic Index:1.63, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.9039130159046%

Nutrients (% of daily need)

Calories: 184.43kcal (9.22%), Fat: 9.1g (14%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 22.26g (8.1%), Sugar: 15.91g (17.68%), Cholesterol: 1.14mg (0.38%), Sodium: 119.5mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Manganese: 0.2mg (10.12%), Vitamin B3: 1.44mg (7.22%), Vitamin E: 0.89mg (5.91%), Magnesium: 23.58mg (5.89%), Phosphorus: 53.03mg (5.3%), Iron: 0.83mg (4.64%), Copper: 0.08mg (3.89%), Fiber: 0.81g (3.25%), Vitamin B6: 0.05mg (2.65%), Potassium: 90.84mg (2.6%), Zinc: 0.37mg (2.5%), Folate: 9.31µg (2.33%), Vitamin B2: 0.04mg (2.1%), Calcium: 18.98mg (1.9%), Vitamin B5: 0.15mg (1.54%), Selenium: 1.04µg (1.48%), Vitamin B1: 0.02mg (1.37%)