

Buckeye Cookies III



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



36

CALORIES



218 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 4 cups confectioners' sugar
- 1.5 cups creamy peanut butter
- 2.5 cups semi chocolate chips
- 2 tablespoons shortening
- 1 teaspoon vanilla extract

Equipment

- bowl

- frying pan
- double boiler
- wax paper

Directions

- You'll need wax paper, a double boiler, a cookie pan, and a medium bowl. In the medium size bowl, mix peanut butter, butter, vanilla, and confectioners' sugar (mixture will be stiff).
- Shape into balls and place on a pan covered with wax paper.
- Place into the refrigerator.
- In double boiler, melt chocolate and shortening.
- Pour into bowl and dip balls with chocolate. Refrigerate for thirty minutes until chocolate is firm.

Nutrition Facts



PROTEIN 5.74% **FAT 54.47%** **CARBS 39.79%**

Properties

Glycemic Index:1.78, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:4.1352173958136%

Nutrients (% of daily need)

Calories: 217.63kcal (10.88%), Fat: 13.55g (20.85%), Saturated Fat: 5.64g (35.24%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 20.76g (7.55%), Sugar: 18.77g (20.86%), Cholesterol: 7.53mg (2.51%), Sodium: 67.94mg (2.95%), Alcohol: 0.04g (100%), Alcohol %: 0.12% (100%), Caffeine: 10.75mg (3.58%), Protein: 3.21g (6.42%), Manganese: 0.32mg (16.2%), Copper: 0.2mg (10.11%), Magnesium: 40.24mg (10.06%), Vitamin E: 1.17mg (7.8%), Vitamin B3: 1.54mg (7.68%), Phosphorus: 69.71mg (6.97%), Fiber: 1.52g (6.06%), Iron: 0.99mg (5.47%), Zinc: 0.61mg (4.06%), Potassium: 132.69mg (3.79%), Vitamin B6: 0.05mg (2.61%), Folate: 9.34µg (2.33%), Selenium: 1.6µg (2.29%), Vitamin B2: 0.03mg (1.79%), Vitamin A: 85.04IU (1.7%), Vitamin B5: 0.16mg (1.6%), Vitamin K: 1.53µg (1.46%), Calcium: 13.93mg (1.39%), Vitamin B1: 0.02mg (1.28%)