

Buckeyes I



Gluten Free



Low Fod Map

READY IN



50 min.

SERVINGS



60

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter softened
- 6 cups confectioners' sugar
- 1.5 cups peanut butter
- 4 cups semi chocolate chips
- 0.5 teaspoon vanilla extract

Equipment

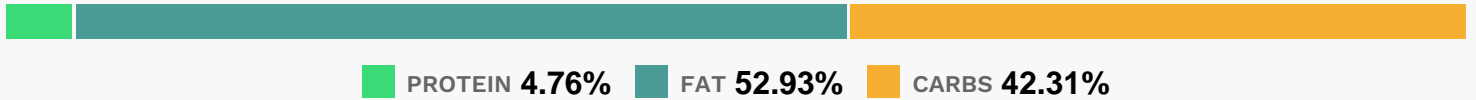
- bowl
- frying pan

- baking sheet
- double boiler
- toothpicks

Directions

- In a large bowl, mix together the peanut butter, butter, vanilla and confectioners' sugar. The dough will look dry.
- Roll into 1 inch balls and place on a waxed paper-lined cookie sheet.
- Press a toothpick into the top of each ball (to be used later as the handle for dipping) and chill in freezer until firm, about 30 minutes.
- Melt chocolate chips in a double boiler or in a bowl set over a pan of barely simmering water. Stir frequently until smooth.
- Dip frozen peanut butter balls in chocolate holding onto the toothpick. Leave a small portion of peanut butter showing at the top to make them look like Buckeyes. Put back on the cookie sheet and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:3.2178260956122%

Nutrients (% of daily need)

Calories: 181.89kcal (9.09%), Fat: 10.96g (16.86%), Saturated Fat: 5.24g (32.75%), Carbohydrates: 19.71g (6.57%), Net Carbohydrates: 18.44g (6.71%), Sugar: 16.82g (18.69%), Cholesterol: 8.85mg (2.95%), Sodium: 53.44mg (2.32%), Alcohol: 0.01g (100%), Alcohol %: 0.04% (100%), Caffeine: 10.32mg (3.44%), Protein: 2.22g (4.44%), Manganese: 0.25mg (12.71%), Copper: 0.18mg (8.89%), Magnesium: 32.1mg (8.03%), Phosphorus: 53.98mg (5.4%), Fiber: 1.27g (5.08%), Vitamin E: 0.75mg (4.97%), Iron: 0.88mg (4.88%), Vitamin B3: 0.96mg (4.8%), Zinc: 0.49mg (3.24%), Potassium: 105.62mg (3.02%), Vitamin A: 100.55IU (2.01%), Selenium: 1.38µg (1.97%), Vitamin B6: 0.03mg (1.64%), Folate: 5.66µg (1.42%), Vitamin B2: 0.02mg (1.28%), Calcium: 11.63mg (1.16%), Vitamin K: 1.15µg (1.09%), Vitamin B5: 0.11mg (1.09%)