



Choco-Peanut Delights

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup creamy peanut butter
- 36 round divided
- 6 ounces semisweet chocolate morsels

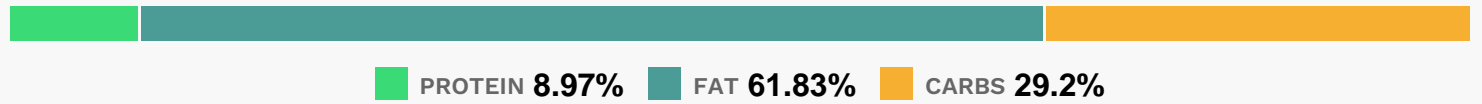
Equipment

- ziploc bags

Directions

- Spread 18 crackers evenly with peanut butter; top evenly with banana slices, if desired. Cover with remaining crackers.
- Place chocolate morsels in a heavy-duty zip-top plastic bag; seal. Submerge in hot water until chocolate melts. Snip a tiny hole in 1 corner of bag, and drizzle over snacks. Cool.

Nutrition Facts



Properties

Glycemic Index:0.78, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:4.2717391304348%

Nutrients (% of daily need)

Calories: 148.41kcal (7.42%), Fat: 10.51g (16.16%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 9.75g (3.55%), Sugar: 5.09g (5.65%), Cholesterol: 0.57mg (0.19%), Sodium: 99.98mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.43g (6.86%), Manganese: 0.32mg (15.76%), Vitamin B3: 1.8mg (9.01%), Magnesium: 35.94mg (8.98%), Copper: 0.17mg (8.53%), Vitamin E: 1.24mg (8.3%), Phosphorus: 77.39mg (7.74%), Iron: 1.05mg (5.84%), Fiber: 1.41g (5.64%), Zinc: 0.56mg (3.73%), Vitamin K: 3.71µg (3.54%), Potassium: 121.35mg (3.47%), Folate: 13.56µg (3.39%), Vitamin B1: 0.04mg (2.96%), Vitamin B6: 0.05mg (2.73%), Vitamin B2: 0.04mg (2.42%), Selenium: 1.51µg (2.16%), Calcium: 20.37mg (2.04%), Vitamin B5: 0.16mg (1.64%)