

Chocolate Balls

 Dairy Free

READY IN



35 min.

SERVINGS



36

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup confectioners' sugar
- 1 cup graham cracker crumbs
- 1 cup peanut butter
- 3 ounce bittersweet chocolate chopped
- 2 cups semi chocolate chips
- 1 tablespoon shortening

Equipment

- bowl

double boiler

wax paper

Directions

In a medium bowl, mix together the peanut butter and confectioners' sugar until smooth. Stir in graham cracker crumbs until well blended. Form the dough into 1 inch balls by rolling in your hands, or by using a cookie scoop.

Melt the semisweet chocolate chips, semisweet chocolate squares, and the shortening in the top half of a double boiler. Use a fork to dip the balls into the melted chocolate, and place on wax paper to cool until set.

Nutrition Facts



PROTEIN 7.21% **FAT 57.6%** **CARBS 35.19%**

Properties

Glycemic Index:2.44, Glycemic Load:1.43, Inflammation Score:-2, Nutrition Score:3.4339130491666%

Nutrients (% of daily need)

Calories: 137.13kcal (6.86%), Fat: 8.99g (13.83%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 10.94g (3.98%), Sugar: 8.27g (9.19%), Cholesterol: 0.74mg (0.25%), Sodium: 47.42mg (2.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.63mg (3.54%), Protein: 2.53g (5.06%), Manganese: 0.27mg (13.45%), Copper: 0.19mg (9.26%), Magnesium: 35.25mg (8.81%), Phosphorus: 61.15mg (6.12%), Vitamin B3: 1.14mg (5.72%), Fiber: 1.41g (5.65%), Iron: 1mg (5.57%), Vitamin E: 0.75mg (4.98%), Zinc: 0.56mg (3.7%), Potassium: 114.7mg (3.28%), Selenium: 1.35µg (1.92%), Vitamin B6: 0.04mg (1.92%), Folate: 7.24µg (1.81%), Vitamin B2: 0.03mg (1.52%), Calcium: 13.05mg (1.3%), Vitamin B1: 0.02mg (1.28%), Vitamin B5: 0.12mg (1.15%), Vitamin K: 1.1µg (1.05%)