

Chocolate-Dipped Peanut Butter Balls

READY IN



80 min.

SERVINGS



24

CALORIES



142 kcal

DESSERT

Ingredients

- 3 Tbsp butter softened
- 0.8 cup creamy peanut butter
- 0.5 cup graham cracker crumbs
- 1 cup powdered sugar
- 8 oz baker's semi-sweet chocolate melted

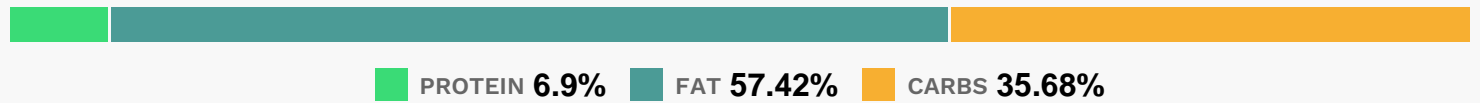
Equipment

- bowl
- baking sheet

Directions

- Mix peanut butter and butter in medium bowl until blended.
- Add sugar and graham crumbs; mix well.
- Shape into 24 (1-inch) balls; dip, 1 at a time, in chocolate, turning to evenly coat each ball.
- Place on parchment- or waxed paper-covered rimmed baking sheet.
- Refrigerate 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:1.14, Inflammation Score:-2, Nutrition Score:3.1834782945073%

Nutrients (% of daily need)

Calories: 142.44kcal (7.12%), Fat: 9.35g (14.39%), Saturated Fat: 3.84g (23.97%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 11.87g (4.32%), Sugar: 9.61g (10.68%), Cholesterol: 4.38mg (1.46%), Sodium: 58.58mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.53g (5.06%), Manganese: 0.24mg (12.18%), Magnesium: 31.33mg (7.83%), Copper: 0.15mg (7.63%), Vitamin B3: 1.22mg (6.09%), Phosphorus: 55.86mg (5.59%), Vitamin E: 0.83mg (5.54%), Fiber: 1.2g (4.81%), Iron: 0.81mg (4.51%), Zinc: 0.49mg (3.28%), Potassium: 102.68mg (2.93%), Vitamin B6: 0.04mg (2.04%), Folate: 7.79µg (1.95%), Selenium: 1.17µg (1.67%), Vitamin B2: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.22%), Calcium: 11.67mg (1.17%), Vitamin B5: 0.12mg (1.16%)