



## Chocolate-Dipped Peanut Butter Cookie Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



46 kcal

### Ingredients

- 2 Tbsp creamy peanut butter
- 1 oz baker's semi-sweet chocolate
- 12 vanilla wafers

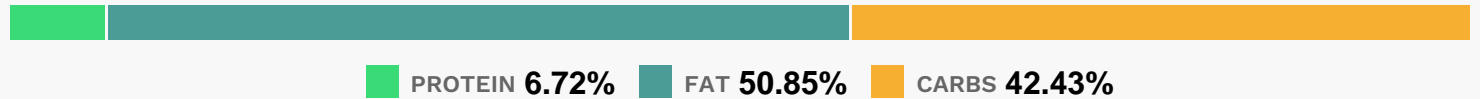
### Equipment

- bowl
- microwave

## Directions

- Spread 6 of the wafers each with 1 tsp. peanut butter. Top each with second wafer to make six cookie sandwiches.
- Microwave chocolate in microwaveable bowl on HIGH 30 sec. or until melted.
- Dip each cookie sandwich halfway into melted chocolate.
- Place on waxed paper; refrigerate 10 min. or until chocolate is set.

## Nutrition Facts



## Properties

Glycemic Index:6.07, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:0.88347825019256%

## Nutrients (% of daily need)

Calories: 45.85kcal (2.29%), Fat: 2.65g (4.08%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.65g (1.69%), Sugar: 2.43g (2.71%), Cholesterol: 0.16mg (0.05%), Sodium: 28.64mg (1.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Manganese: 0.06mg (2.82%), Vitamin B3: 0.42mg (2.12%), Magnesium: 6.93mg (1.73%), Copper: 0.03mg (1.63%), Vitamin B1: 0.02mg (1.58%), Folate: 6.06µg (1.51%), Phosphorus: 14.16mg (1.42%), Vitamin E: 0.21mg (1.37%), Fiber: 0.32g (1.28%)