



Chocolate-Peanut Butter Balls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



41 kcal

DESSERT

Ingredients

- ☐ 0.3 cup nutlike cereal nuggets (such as Grape-Nuts)
- ☐ 0.5 teaspoon honey
- ☐ 0.8 ounce chocolate dairy shake mix sugar-free (such as Alba)
- ☐ 2 tablespoons extracrunchy peanut butter
- ☐ 1 packet sugar substitute with aspartame (such as equal)
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 tablespoons water

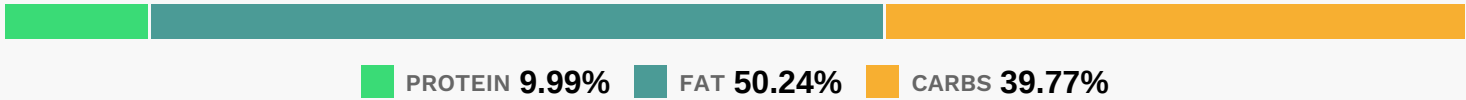
Equipment

☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl, stirring until moist and well blended.
- ☐ Shape mixture into 8 (1-inch) balls. Cover and chill.
- ☐ carbo rating: 5

Nutrition Facts



Properties

Glycemic Index:23.57, Glycemic Load:0.9, Inflammation Score:-1, Nutrition Score:1.5521739150357%

Nutrients (% of daily need)

Calories: 41.08kcal (2.05%), Fat: 2.47g (3.8%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 4.4g (1.47%), Net Carbohydrates: 3.87g (1.41%), Sugar: 2.74g (3.04%), Cholesterol: 0mg (0%), Sodium: 46.68mg (2.03%), Alcohol: 0.09g (100%), Alcohol %: 0.95% (100%), Protein: 1.1g (2.21%), Manganese: 0.1mg (5.21%), Vitamin B3: 0.74mg (3.71%), Folate: 11.79µg (2.95%), Iron: 0.47mg (2.61%), Vitamin E: 0.37mg (2.49%), Magnesium: 9.69mg (2.42%), Fiber: 0.53g (2.11%), Vitamin B6: 0.04mg (1.96%), Phosphorus: 19.2mg (1.92%), Vitamin B2: 0.03mg (1.5%), Vitamin B1: 0.02mg (1.45%), Copper: 0.02mg (1.19%), Selenium: 0.82µg (1.18%), Zinc: 0.17mg (1.1%), Vitamin B12: 0.06µg (1.04%)