



Chocolate-Peanut Butter Bonbons

READY IN



140 min.

SERVINGS



20

CALORIES



163 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 2 Tbsp creamy peanut butter
- 3.9 oz jell-o chocolate flavor pudding instant
- 0.8 cup milk
- 7 oz baker's milk chocolate dipping chocolate
- 0.5 cup planters cocktail peanuts chopped
- 24 pretzel twists miniature
- 1 cup cool whip whipped topping thawed

Equipment

- bowl
- baking sheet
- whisk
- blender
- ziploc bags
- muffin liners

Directions

- Beat cream cheese in large bowl with mixer until creamy. Gradually beat in milk.
- Add dry pudding mix; beat 2 min.
- Whisk in COOL WHIP.
- Spoon into resealable plastic bag; cut small corner from bottom of bag. Pipe about 1 Tbsp. pudding mixture into each of 24 paper-lined mini muffin cups; stand pretzel in each cup. Freeze 2 hours or until firm.
- Peel liners off bonbons. Melt dipping chocolate as directed on package; stir in peanut butter until melted. Dip bottom halves of bonbons in chocolate, then in nuts.
- Place on waxed paper-covered baking sheet.
- Let stand until chocolate is firm.

Nutrition Facts

  
 PROTEIN **7.71%**  FAT **47.56%**  CARBS **44.73%**

Properties

Glycemic Index:10.94, Glycemic Load:7.24, Inflammation Score:-2, Nutrition Score:3.8108695538148%

Nutrients (% of daily need)

Calories: 162.94kcal (8.15%), Fat: 9.07g (13.96%), Saturated Fat: 4.25g (26.54%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 17.79g (6.47%), Sugar: 10.72g (11.92%), Cholesterol: 6.9mg (2.3%), Sodium: 201.51mg (8.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.94mg (2.31%), Protein: 3.31g (6.62%), Manganese: 0.26mg

(12.86%), Magnesium: 27.22mg (6.81%), Phosphorus: 65.45mg (6.55%), Copper: 0.13mg (6.44%), Vitamin B3: 1.27mg (6.36%), Folate: 24.25µg (6.06%), Fiber: 1.41g (5.65%), Vitamin B2: 0.09mg (5.16%), Iron: 0.86mg (4.75%), Vitamin B1: 0.07mg (4.47%), Potassium: 119.05mg (3.4%), Zinc: 0.45mg (2.97%), Calcium: 29.06mg (2.91%), Selenium: 1.81µg (2.59%), Vitamin B6: 0.04mg (1.98%), Vitamin E: 0.28mg (1.88%), Vitamin A: 93.74IU (1.87%), Vitamin B5: 0.18mg (1.81%), Vitamin B12: 0.07µg (1.16%), Vitamin K: 1.18µg (1.12%)