



Chocolate-Peanut Butter Crunch Pops

READY IN



85 min.

SERVINGS



18

CALORIES



216 kcal

DESSERT

Ingredients

- 0.3 cup butter softened
- 1 cup creamy peanut butter
- 1.5 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 1 cup powdered sugar
- 8 oz baker's semi-sweet chocolate melted

Equipment

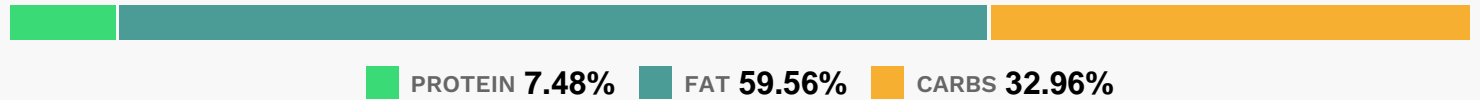
- bowl
- baking sheet

lollipop sticks

Directions

- Mix peanut butter, butter and sugar in large bowl until blended.
- Add cereal; mix well.
- Shape into 18 (1-1/2-inch) balls. Insert lollipop stick into center of each ball. Freeze 10 min. Dip balls in melted chocolate.
- Place in single layer on waxed paper-covered rimmed baking sheet.
- Refrigerate 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:6.1004346997842%

Nutrients (% of daily need)

Calories: 215.5kcal (10.77%), Fat: 14.75g (22.69%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 16.63g (6.05%), Sugar: 12.83g (14.26%), Cholesterol: 7.53mg (2.51%), Sodium: 101.36mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.84mg (3.61%), Protein: 4.17g (8.33%), Manganese: 0.46mg (22.89%), Vitamin B3: 2.43mg (12.15%), Magnesium: 47.14mg (11.78%), Copper: 0.22mg (11.19%), Iron: 1.8mg (9.99%), Vitamin E: 1.46mg (9.74%), Phosphorus: 85.44mg (8.54%), Folate: 29.09µg (7.27%), Fiber: 1.74g (6.96%), Zinc: 1.01mg (6.76%), Vitamin B6: 0.11mg (5.48%), Potassium: 157.4mg (4.5%), Vitamin B2: 0.07mg (4.23%), Vitamin B1: 0.06mg (3.68%), Selenium: 2.16µg (3.08%), Vitamin B12: 0.15µg (2.56%), Vitamin A: 126.76IU (2.54%), Calcium: 23.98mg (2.4%), Vitamin B5: 0.23mg (2.26%), Vitamin K: 1.19µg (1.14%)