



## Chocolate-Peanut Butter Crunch Pops

READY IN



85 min.

SERVINGS



25

CALORIES



155 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

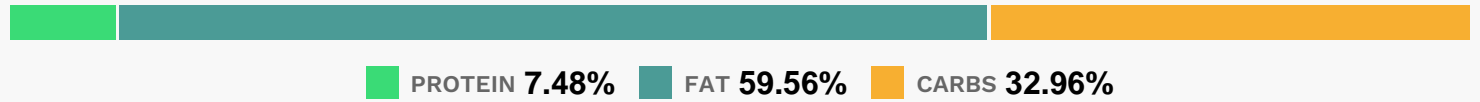
- bowl
- baking sheet

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:2.56, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:4.3930434778981%

## Nutrients (% of daily need)

Calories: 155.16kcal (7.76%), Fat: 10.62g (16.34%), Saturated Fat: 4.22g (26.35%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 11.97g (4.35%), Sugar: 9.24g (10.27%), Cholesterol: 5.42mg (1.81%), Sodium: 72.98mg (3.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.8mg (2.6%), Protein: 3g (6%), Manganese: 0.33mg (16.48%), Vitamin B3: 1.75mg (8.75%), Magnesium: 33.94mg (8.48%), Copper: 0.16mg (8.06%), Iron: 1.29mg (7.19%), Vitamin E: 1.05mg (7.01%), Phosphorus: 61.51mg (6.15%), Folate: 20.95µg (5.24%), Fiber: 1.25g (5.01%), Zinc: 0.73mg (4.87%), Vitamin B6: 0.08mg (3.95%), Potassium: 113.33mg (3.24%), Vitamin B2: 0.05mg (3.04%), Vitamin B1: 0.04mg (2.65%), Selenium: 1.55µg (2.22%), Vitamin B12: 0.11µg (1.85%), Vitamin A: 91.27IU (1.83%), Calcium: 17.27mg (1.73%), Vitamin B5: 0.16mg (1.63%)