



Cinnamon Raisin Peanut Butter



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



191 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon honey
- ☐ 4 tablespoons peanut butter
- ☐ 4 tablespoons plump raisins
- ☐ 1 pinch salt

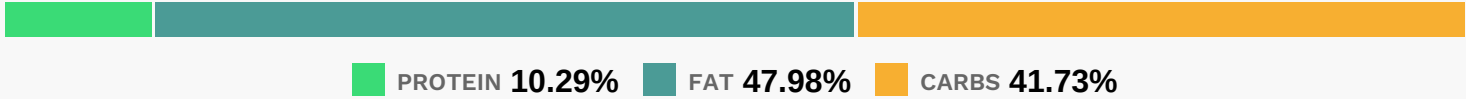
Equipment

- ☐ bowl

Directions

☐ Combine the ingredients in a small bowl and stir well to combine. Use as a sandwich spread or as a dip for apples or pretzels. Peanut butter will keep for about 2 weeks if stored covered in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:43.36, Glycemic Load:9.45, Inflammation Score:-2, Nutrition Score:5.5830434091875%

Nutrients (% of daily need)

Calories: 190.52kcal (9.53%), Fat: 11.01g (16.94%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 19.07g (6.94%), Sugar: 3.2g (3.56%), Cholesterol: 0mg (0%), Sodium: 110.1mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.63%), Manganese: 0.4mg (19.81%), Vitamin B3: 3.06mg (15.32%), Vitamin E: 1.95mg (12.98%), Magnesium: 42.18mg (10.54%), Fiber: 2.47g (9.9%), Phosphorus: 87.47mg (8.75%), Potassium: 286.65mg (8.19%), Copper: 0.15mg (7.55%), Vitamin B6: 0.13mg (6.64%), Iron: 0.91mg (5.03%), Folate: 18.98µg (4.75%), Vitamin B2: 0.08mg (4.57%), Zinc: 0.58mg (3.89%), Vitamin B1: 0.05mg (3.46%), Vitamin B5: 0.24mg (2.37%), Calcium: 17.8mg (1.78%), Selenium: 1.01µg (1.44%), Vitamin C: 1.09mg (1.32%)