



Creamy Peanut Butter Filling



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



304 kcal

CONDIMENT

DIP

SPREAD

Ingredients

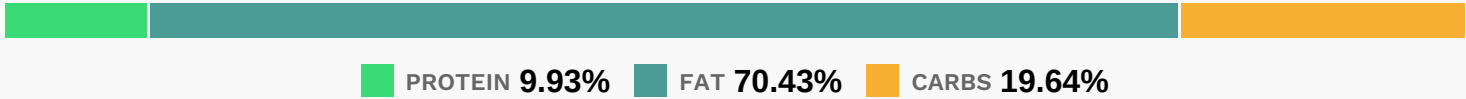
- ☐ 6 ounce cream cheese softened
- ☐ 0.5 cup creamy peanut butter
- ☐ 5 tablespoons powdered sugar

Equipment

Directions

- ☐ Beat all ingredients until smooth.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:1.14, Inflammation Score:-5, Nutrition Score:6.6126087852146%

Nutrients (% of daily need)

Calories: 304.21kcal (15.21%), Fat: 24.89g (38.29%), Saturated Fat: 9.48g (59.24%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 14.38g (5.23%), Sugar: 11.81g (13.12%), Cholesterol: 34.36mg (11.45%), Sodium: 217.66mg (9.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.79%), Manganese: 0.38mg (19.11%), Vitamin E: 2.64mg (17.62%), Vitamin B3: 3.46mg (17.31%), Phosphorus: 123.86mg (12.39%), Magnesium: 46.66mg (11.67%), Vitamin A: 456.88IU (9.14%), Vitamin B2: 0.13mg (7.59%), Vitamin B6: 0.13mg (6.68%), Folate: 25.25µg (6.31%), Selenium: 4.03µg (5.76%), Copper: 0.12mg (5.75%), Zinc: 0.83mg (5.51%), Potassium: 190.58mg (5.45%), Fiber: 1.24g (4.95%), Vitamin B5: 0.47mg (4.67%), Calcium: 45.72mg (4.57%), Vitamin B1: 0.04mg (2.9%), Iron: 0.49mg (2.71%), Vitamin B12: 0.07µg (1.25%)