What She Ate

health-score 51%

HEALTH SCORE

Crispy Peanut Butter Candy Delight

READY IN	SERVINGS	CALORIES
ready	servings	calories
60 min.	1	4534 kcal

CONDIMENT DIP SPREAD

Ingredients

- [ ] 9 inch angel food cake
- [ ] 0.3 cup butter
- [ ] 2 cups confectioners' sugar
- [ ] 4 egg yolks
- [ ] 12.6 ounce bars chocolate-covered peanut butter candy bar crispy flavored
- [ ] 0.5 cup pecan halves
- [ ] 2 teaspoons vanilla extract
- [ ] 12 ounce non-dairy whipped topping frozen thawed

Equipment

- [ ] bowl
- [ ] frying pan

Directions

- [ ] In large bowl, cream together butter, sugar vanilla and egg yolks. Fold whipped topping into butter mixture.
- [ ] Tear angel food cake into very small pieces. Crush candy bars.
- [ ] Place half of cake pieces in 9x13 inch pan.
- [ ] Spread half of creamy mixture over cake pieces. Top with half of nuts and half of crushed candy bars. Repeat. Chill in refrigerator before serving.

Nutrition Facts

PROTEIN **6.29%** FAT **45.51%** CARBS **48.2%**

Properties

Glycemic Index:112, Glycemic Load:105.92, Inflammation Score:-9, Nutrition Score:61.885652384032%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg

Nutrients (% of daily need)

Calories: 4533.51kcal (226.68%), Fat: 233.97g (359.95%), Saturated Fat: 136.14g (850.87%), Carbohydrates: 557.7g (185.9%), Net Carbohydrates: 542.19g (197.16%), Sugar: 515.42g (572.69%), Cholesterol: 906.42mg (302.14%), Sodium: 1459.71mg (63.47%), Alcohol: 2.75g (100%), Alcohol %: 0.3% (100%), Protein: 72.73g (145.45%), Manganese: 6.24mg (311.94%), Phosphorus: 1476.21mg (147.62%), Vitamin B3: 22.68mg (113.38%), Copper: 2.19mg (109.31%), Magnesium: 405.57mg (101.39%), Vitamin B2: 1.65mg (97.1%), Selenium: 58.73µg (83.9%), Folate: 327.35µg (81.84%), Vitamin B1: 1.19mg (79%), Calcium: 651.64mg (65.16%), Fiber: 15.51g (62.06%), Vitamin E: 9.11mg (60.71%), Zinc: 8.46mg (56.4%), Potassium: 1968.51mg (56.24%), Vitamin A: 2735.89IU (54.72%), Vitamin B5: 4.85mg (48.49%), Vitamin B12: 2.58µg (43.01%), Vitamin B6: 0.82mg (41.09%), Vitamin K: 38.19µg (36.37%), Iron: 5.53mg

(30.7%), Vitamin D: 3.89µg (25.92%)