



Dark Chocolate and Oat Clusters



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients



2 tablespoons milk 1% low-fat



0.8 cup old-fashioned rolled oats



2 tablespoons peanut butter



0.3 cup semi chocolate chips

Equipment



baking sheet



sauce pan



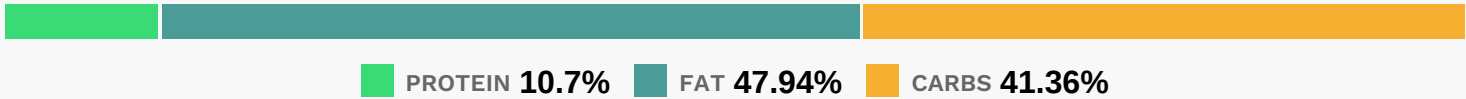
wax paper

☐ melon baller

Directions

- ☐ Place peanut butter, milk, and semisweet chocolate chips in a saucepan; cook over low heat until chips melt (about 3 minutes). Stir in oats; remove from heat. With a spoon or melon baller, drop 8 ball-shaped portions on a wax paper-lined baking sheet; let set in refrigerator 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:3.7, Inflammation Score:-3, Nutrition Score:6.7765216918095%

Nutrients (% of daily need)

Calories: 173.74kcal (8.69%), Fat: 9.46g (14.55%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 15.54g (5.65%), Sugar: 5.49g (6.1%), Cholesterol: 1.05mg (0.35%), Sodium: 39.28mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 4.75g (9.5%), Manganese: 0.82mg (40.92%), Magnesium: 55.2mg (13.8%), Phosphorus: 126.43mg (12.64%), Copper: 0.23mg (11.68%), Fiber: 2.82g (11.28%), Selenium: 5.82µg (8.32%), Iron: 1.5mg (8.31%), Zinc: 1.09mg (7.25%), Vitamin B3: 1.34mg (6.69%), Vitamin B1: 0.09mg (5.92%), Vitamin E: 0.86mg (5.74%), Potassium: 175.87mg (5.02%), Vitamin B2: 0.05mg (3.23%), Vitamin B5: 0.32mg (3.16%), Folate: 11.89µg (2.97%), Vitamin B6: 0.06mg (2.95%), Calcium: 28.25mg (2.83%), Vitamin B12: 0.07µg (1.1%), Vitamin K: 1.15µg (1.09%)