



Easy Butter Fingers Candy

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



240 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound candy corn
- 18 ounce crunchy peanut butter
- 6 ounce semi chocolate chips
- 1 tablespoon vegetable shortening

Equipment

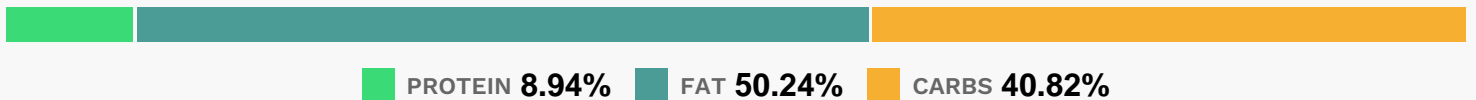
- bowl
- frying pan
- baking paper

- double boiler
- microwave

Directions

- Line a 9x13-inch pan with parchment paper.
- Place candy corn in a microwave-safe bowl (not plastic) and heat in several 30-second intervals, stirring after each interval, until candy corn is warm, melted, and smooth.
- Stir peanut butter into melted candy corn until thoroughly combined; transfer candy to the prepared pan, pressing and smoothing the candy into the corners of the pan.
- Place chocolate chips and vegetable shortening into the top of a double boiler set over simmering water.
- Heat the chocolate, stirring constantly, until just warm, melted, and smooth.
- Spread warm chocolate over the peanut candy. Chill in refrigerator until candy is set, at least 30 minutes, before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.4273912709044%

Nutrients (% of daily need)

Calories: 240.16kcal (12.01%), Fat: 13.87g (21.33%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 25.35g (8.45%), Net Carbohydrates: 23.08g (8.39%), Sugar: 20.06g (22.29%), Cholesterol: 0.43mg (0.14%), Sodium: 154.72mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 5.55g (11.1%), Manganese: 0.48mg (23.83%), Vitamin B3: 2.97mg (14.86%), Magnesium: 46.49mg (11.62%), Copper: 0.21mg (10.57%), Vitamin E: 1.41mg (9.43%), Fiber: 2.27g (9.07%), Phosphorus: 86.25mg (8.63%), Potassium: 198.59mg (5.67%), Zinc: 0.78mg (5.21%), Folate: 19.56µg (4.89%), Iron: 0.85mg (4.73%), Vitamin B6: 0.09mg (4.56%), Selenium: 2.34µg (3.34%), Vitamin B5: 0.26mg (2.63%), Vitamin B1: 0.02mg (1.66%), Vitamin B2: 0.03mg (1.59%), Calcium: 13.97mg (1.4%)