



Easy Peanut Blossoms

READY IN



45 min.

SERVINGS



24

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups baking mix
- 0.3 cup granulated sugar for decoration
- 24 milk chocolate candy kisses
- 0.8 cup peanut butter
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract

Equipment

- bowl

baking sheet

oven

Directions

Preheat oven to 375 degrees F (190 degrees C).

In large bowl, beat condensed milk and peanut butter until smooth.

Add baking mix and vanilla; mix well.

Shape into 1 inch balls.

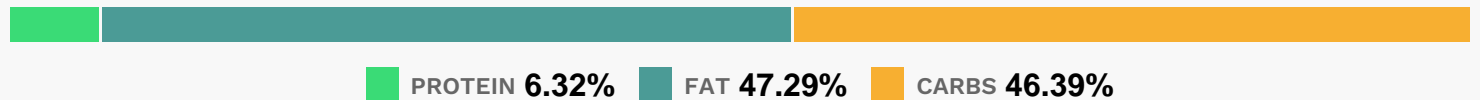
Roll in granulated sugar.

Place 2 inch apart on ungreased cookie sheet.

Bake 6 to 7 minutes.

Place chocolate on cookie and place back in oven for 1 to 1 1/2 minutes.

Nutrition Facts



Properties

Glycemic Index:7.82, Glycemic Load:14.17, Inflammation Score:-3, Nutrition Score:6.3208696025869%

Nutrients (% of daily need)

Calories: 297.15kcal (14.86%), Fat: 16.68g (25.67%), Saturated Fat: 7.74g (48.38%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 34.69g (12.61%), Sugar: 28.22g (31.35%), Cholesterol: 5.82mg (1.94%), Sodium: 187.71mg (8.16%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Caffeine: 18.48mg (6.16%), Protein: 5.01g (10.03%), Phosphorus: 168.84mg (16.88%), Manganese: 0.29mg (14.6%), Magnesium: 52.09mg (13.02%), Vitamin B2: 0.2mg (11.52%), Copper: 0.21mg (10.64%), Vitamin B3: 1.75mg (8.75%), Fiber: 2.14g (8.55%), Calcium: 75.58mg (7.56%), Iron: 1.22mg (6.79%), Selenium: 4.33µg (6.18%), Vitamin B1: 0.09mg (5.94%), Potassium: 204.63mg (5.85%), Vitamin E: 0.85mg (5.65%), Zinc: 0.84mg (5.6%), Folate: 22.09µg (5.52%), Vitamin B6: 0.06mg (3.2%), Vitamin B5: 0.32mg (3.18%), Vitamin K: 2.54µg (2.42%), Vitamin B12: 0.11µg (1.86%)