



Gluten-Free Roly Poly Peanut Butter-Chocolate Balls

READY IN



45 min.

SERVINGS



24

CALORIES



142 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 cups corn flakes/bran flakes
- 0.5 cup plus light
- 1 cup crunchy peanut butter
- 1 cup milk chocolate chips
- 0.5 cup powdered sugar
- 2 tablespoons water

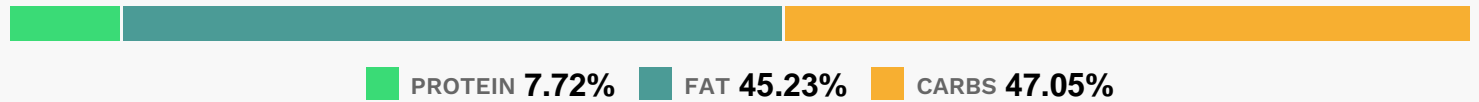
Equipment

- bowl
- baking sheet
- sauce pan

Directions

- Line a cookie sheet with parchment or waxed paper. In 1-quart saucepan, mix chocolate chips and water.
- Heat over medium heat, stirring constantly, until the mixture is smooth. Cool the chocolate while preparing the candies.
- In medium bowl, mix peanut butter, powdered sugar and corn syrup until well blended. Stir in the cereal until evenly coated.
- Lightly spray your hands with cooking spray. For each candy, roll 1 tablespoon of the mixture into a 1 1/2-inch ball.
- Place the balls on the cookie sheet and press them slightly so the bottoms of the balls are flat (this stops them from rolling off the cookie sheet).
- Spoon about 1 teaspoon of the cooled chocolate onto each ball. Refrigerate until firm, about 30 minutes. Store the candies in a covered container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:2.53, Inflammation Score:-2, Nutrition Score:4.2134782636295%

Nutrients (% of daily need)

Calories: 141.58kcal (7.08%), Fat: 7.6g (11.69%), Saturated Fat: 2.17g (13.57%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 16.3g (5.93%), Sugar: 13.71g (15.23%), Cholesterol: 0mg (0%), Sodium: 74.76mg (3.25%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Manganese: 0.31mg (15.63%), Vitamin B3: 2.03mg (10.14%), Folate: 32.12µg (8.03%), Iron: 1.14mg (6.33%), Magnesium: 24.92mg (6.23%), Fiber: 1.47g (5.88%), Vitamin B6: 0.1mg (5.08%), Phosphorus: 49.26mg (4.93%), Vitamin E: 0.7mg (4.69%), Copper: 0.08mg (3.96%), Vitamin B1: 0.06mg (3.93%), Selenium: 2.7µg (3.85%), Vitamin B2: 0.06mg (3.47%), Potassium: 119.4mg (3.41%), Zinc: 0.5mg (3.32%), Vitamin B12: 0.17µg (2.78%), Vitamin A: 83.33IU (1.67%), Vitamin B5: 0.15mg (1.49%), Calcium: 12.65mg (1.26%)