



Golf Balls

READY IN



100 min.

SERVINGS



72

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup butter
- 2 cups coconut or flaked
- 1 pound confectioners' sugar
- 1 cup graham cracker crumbs
- 1.5 cups chunky peanut butter
- 1.5 pounds semi chocolate chips
- 1 cup walnuts chopped

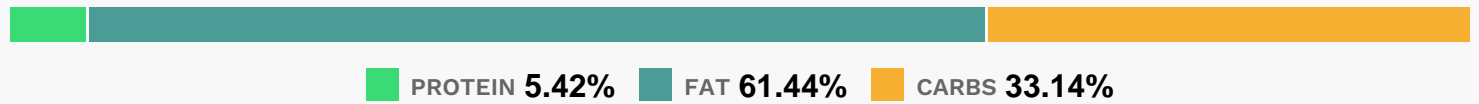
Equipment

- bowl
- baking sheet
- microwave

Directions

- Mix sugar, peanut butter, butter, coconut, walnuts, and graham cracker crumbs in a large bowl using hands until thoroughly blended.
- Roll 1 inch balls and place on a baking sheet. Chill for 1 hour in the refrigerator.
- Melt the chocolate in a microwave-safe glass or ceramic bowl in 30 second intervals, stirring after each melting, for 1 to 3 minutes (depending on your microwave). Do not overheat or chocolate will scorch. Dip peanut butter balls into the chocolate until they are completely coated. Allow chocolate to harden before serving.

Nutrition Facts



Properties

Glycemic Index:2.19, Glycemic Load:0.78, Inflammation Score:-2, Nutrition Score:3.4595652148128%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg

Nutrients (% of daily need)

Calories: 165.07kcal (8.25%), Fat: 11.62g (17.88%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 12.56g (4.57%), Sugar: 10.68g (11.87%), Cholesterol: 7.35mg (2.45%), Sodium: 53mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 2.31g (4.61%), Manganese: 0.32mg (16.23%), Copper: 0.19mg (9.3%), Magnesium: 31.16mg (7.79%), Fiber: 1.55g (6.19%), Phosphorus: 56.39mg (5.64%), Iron: 0.87mg (4.82%), Vitamin B3: 0.87mg (4.36%), Vitamin E: 0.64mg (4.27%), Zinc: 0.51mg (3.4%), Potassium: 106.83mg (3.05%), Selenium: 1.6µg (2.29%), Vitamin B6: 0.04mg (2.21%), Folate: 7.06µg (1.76%), Vitamin A: 83.84IU (1.68%), Vitamin B2: 0.02mg (1.46%), Vitamin B1: 0.02mg (1.35%), Calcium: 12.44mg (1.24%), Vitamin B5: 0.12mg (1.17%)