



Grandma's Christmas Candy

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



3

CALORIES



1979 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup butter
- 2 cups crunchy peanut butter
- 2 cups semi chocolate chips

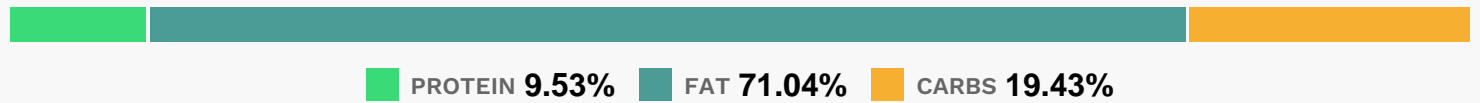
Equipment

- frying pan
- pot
- double boiler
- aluminum foil

Directions

- Line a 9 X13 inch pan with foil. Set aside.
- In the top pot of a double boiler set, slowly melt chocolate pieces and butter until smooth.
- Add peanut butter and stir until well mixed.
- Pour chocolate mixture into pan; cover and chill in refrigerator until hardened.
- Cut into small squares and serve.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:45.749565497689%

Nutrients (% of daily need)

Calories: 1979.14kcal (98.96%), Fat: 162.55g (250.08%), Saturated Fat: 58.97g (368.55%), Carbohydrates: 100.03g (33.34%), Net Carbohydrates: 76.67g (27.88%), Sugar: 58.54g (65.04%), Cholesterol: 88.54mg (29.51%), Sodium: 1091.19mg (47.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 103.2mg (34.4%), Protein: 49.05g (98.1%), Manganese: 4.69mg (234.3%), Copper: 2.49mg (124.59%), Vitamin B3: 24.58mg (122.89%), Magnesium: 487.16mg (121.79%), Fiber: 23.36g (93.44%), Phosphorus: 869.76mg (86.98%), Vitamin E: 12.42mg (82.81%), Iron: 10.86mg (60.33%), Potassium: 1970.88mg (56.31%), Zinc: 8.01mg (53.42%), Folate: 159.38µg (39.84%), Vitamin B6: 0.76mg (38.04%), Selenium: 24.56µg (35.09%), Vitamin B5: 2.32mg (23.25%), Vitamin A: 1005.46IU (20.11%), Calcium: 160.88mg (16.09%), Vitamin B2: 0.26mg (15.45%), Vitamin B1: 0.22mg (14.84%), Vitamin K: 12.15µg (11.57%), Vitamin B12: 0.28µg (4.67%)