



High Protein Peanut Butter Balls



Vegetarian



Gluten Free



Low Fod Map

READY IN



140 min.

SERVINGS



25

CALORIES



144 kcal

Ingredients

- ☐ 2 bananas ripe mashed
- ☐ 2 cups crunchy peanut butter
- ☐ 2 tablespoons flax seeds
- ☐ 2 scoops cocoa whey protein powder

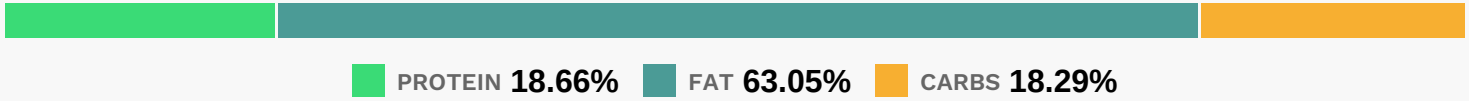
Equipment

- ☐ bowl

Directions

- ☐
- In a large bowl, mix together peanut butter, cocoa whey powder, bananas, and flax seed.
- ☐
- Mold the mixture into walnut–size balls, and place them in a container lined with parchment to separate the layers. Freeze at least 2 hours before serving

Nutrition Facts



Properties

Glycemic Index:4.43, Glycemic Load:1.11, Inflammation Score:–2, Nutrition Score:5.0304347354433%

Flavonoids

Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 143.84kcal (7.19%), Fat: 10.84g (16.67%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 7.08g (2.36%), Net Carbohydrates: 4.96g (1.8%), Sugar: 3.06g (3.4%), Cholesterol: 4mg (1.33%), Sodium: 104.24mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.43%), Manganese: 0.42mg (20.84%), Vitamin B3: 2.91mg (14.57%), Magnesium: 39.91mg (9.98%), Vitamin E: 1.31mg (8.75%), Fiber: 2.12g (8.46%), Phosphorus: 79.93mg (7.99%), Copper: 0.14mg (6.82%), Vitamin B6: 0.12mg (6.24%), Potassium: 201.27mg (5.75%), Folate: 21.57µg (5.39%), Zinc: 0.62mg (4.16%), Iron: 0.62mg (3.46%), Selenium: 1.99µg (2.84%), Vitamin B5: 0.27mg (2.7%), Vitamin B1: 0.04mg (2.53%), Calcium: 19.64mg (1.96%), Vitamin B2: 0.03mg (1.83%)