



Hungry Jack Potato Flake Buckeyes



Gluten Free



Low Fod Map

READY IN



46 min.

SERVINGS



32

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 1 tablespoon butter melted
- ☐ 1 cup creamy peanut butter jif®
- ☐ 1 cup chocolate chips dark
- ☐ 0.5 cup potato flakes instant mashed hungry jack®
- ☐ 2 cups powdered sugar
- ☐ 1 tablespoon all-vegetable shortening crisco®
- ☐ 0.3 cup water

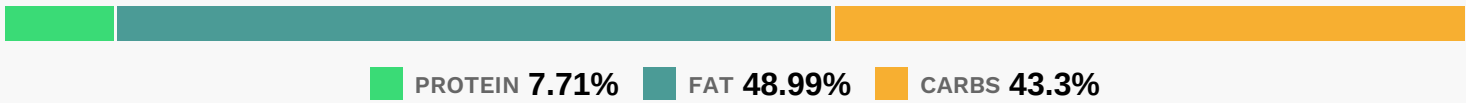
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Combine potato flakes and water in large bowl. Allow to stand 2 minutes or until potato flakes are fully hydrated.Beat in peanut butter, butter and almond extract with an electric mixer on low speed until blended.
- ☐ Add powdered sugar 1 cup at a time, beating until smooth. Make 36 1-inch balls using 2 teaspoonfuls of mixture for each ball.Melt chocolate chips and shortening in a microwave-safe bowl at 50% power, stirring every 30 seconds. Dip peanut butter balls partially into chocolate, keeping the top uncovered. Chill until chocolate has hardened.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:2.2778260688419%

Nutrients (% of daily need)

Calories: 117.76kcal (5.89%), Fat: 6.64g (10.22%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 13.22g (4.4%), Net Carbohydrates: 12.55g (4.56%), Sugar: 10.14g (11.26%), Cholesterol: 1mg (0.33%), Sodium: 44.66mg (1.94%), Alcohol: 0.01g (100%), Alcohol %: 0.05% (100%), Protein: 2.35g (4.71%), Manganese: 0.13mg (6.4%), Vitamin B3: 1.19mg (5.95%), Vitamin E: 0.86mg (5.72%), Magnesium: 16.3mg (4.08%), Phosphorus: 35.99mg (3.6%), Zinc: 0.41mg (2.74%), Fiber: 0.66g (2.65%), Potassium: 91.67mg (2.62%), Vitamin B6: 0.05mg (2.51%), Copper: 0.05mg (2.33%), Calcium: 21.49mg (2.15%), Folate: 8.56µg (2.14%), Vitamin B1: 0.03mg (1.74%), Vitamin B2: 0.03mg (1.65%), Vitamin B5: 0.15mg (1.5%), Iron: 0.23mg (1.27%), Selenium: 0.8µg (1.14%)