



Incredible Edible Nutty Putty



Vegetarian



Gluten Free

READY IN



6 min.

SERVINGS



32

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup creamy peanut butter
- ☐ 3 tablespoons honey
- ☐ 1 cup nonfat milk dry instant

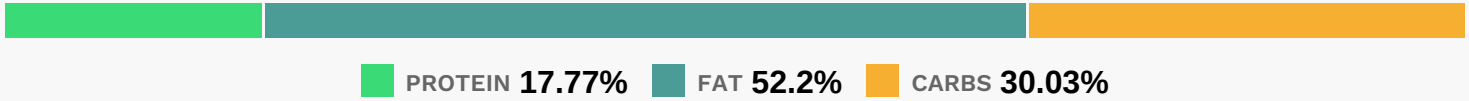
Equipment

- ☐ bowl

Directions

- ☐
- Stir together peanut butter and honey in a big bowl.
- ☐
- Add dry milk, stirring until blended. Spoon a small amount onto a plate. Shape and decorate it anyway you wish before gobbling it up. Store remaining putty in the refrigerator in an airtight container up to 1 week.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:1.04, Inflammation Score:-2, Nutrition Score:2.8095652265879%

Nutrients (% of daily need)

Calories: 67.69kcal (3.38%), Fat: 4.15g (6.38%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 5.37g (1.79%), Net Carbohydrates: 4.98g (1.81%), Sugar: 4.41g (4.9%), Cholesterol: 0.75mg (0.25%), Sodium: 54.73mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Phosphorus: 63.71mg (6.37%), Manganese: 0.12mg (6.03%), Vitamin B3: 1.11mg (5.55%), Calcium: 51.32mg (5.13%), Vitamin E: 0.73mg (4.9%), Magnesium: 17.79mg (4.45%), Vitamin B2: 0.07mg (4.37%), Potassium: 113.62mg (3.25%), Vitamin D: 0.41µg (2.75%), Vitamin B12: 0.15µg (2.52%), Vitamin B6: 0.05mg (2.49%), Zinc: 0.36mg (2.41%), Vitamin B5: 0.22mg (2.21%), Folate: 8.85µg (2.21%), Selenium: 1.37µg (1.96%), Copper: 0.04mg (1.81%), Vitamin B1: 0.03mg (1.78%), Vitamin A: 81.71IU (1.63%), Fiber: 0.39g (1.56%)