



## Irish Peanut Butter Potato Candy



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



90 min.

SERVINGS



15

CALORIES



246 kcal

CONDIMENT

DIP

SPREAD

### Ingredients



32 ounce confectioners' sugar



1 potatoes peeled chopped

### Equipment



bowl

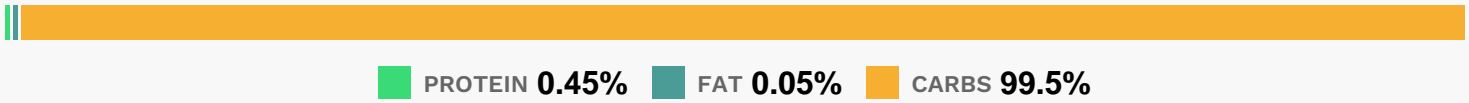


sauce pan

### Directions

- ☐ Place potato into a saucepan with enough water to cover and bring to a boil. Reduce heat to medium-low and cook potato until very tender, about 15 minutes.
- ☐ Drain and allow to steam dry for a minute or two.
- ☐ Transfer potato to a large bowl and mash with a fork until smooth.
- ☐ Gradually stir confectioners' sugar into mashed potato a little at a time until the mixture forms a stiff dough. The dough will be runny until all the powdered sugar is used.
- ☐ Place a large square of waxed paper onto a work surface.
- ☐ Roll or press dough into a 12-inch square rectangle on the waxed paper.
- ☐ Spread peanut butter over top of dough, covering it entirely.
- ☐ Pick up one edge of waxed paper and start rolling the dough to make a 12-inch-long log. Wrap log tightly with waxed paper.
- ☐ Refrigerate for 1 hour. Unwrap log and slice candy into cross-sectional pieces about 3/4-inch thick to serve.

## Nutrition Facts



### Properties

Glycemic Index:5.58, Glycemic Load:1.82, Inflammation Score:1, Nutrition Score:0.78043478354812%

### Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 246.2kcal (12.31%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.02%), Carbohydrates: 62.84g (20.95%), Net Carbohydrates: 62.53g (22.74%), Sugar: 59.26g (65.84%), Cholesterol: 0mg (0%), Sodium: 2.06mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.57%), Vitamin C: 2.8mg (3.39%), Vitamin B6: 0.04mg (2.09%), Potassium: 60.99mg (1.74%), Fiber: 0.31g (1.25%), Manganese: 0.02mg (1.21%)