



JIF® Buckeyes



Gluten Free



Popular



Low Fod Map

READY IN



30 min.

SERVINGS



60

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1.5 cups creamy peanut butter jif®
- ☐ 0.5 teaspoon salt
- ☐ 12 ounce semi-sweet chocolate chips
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons all-vegetable shortening crisco®

Equipment

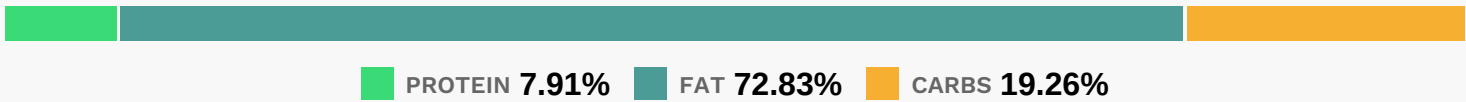
- ☐ bowl

- ☐ hand mixer
- ☐ toothpicks
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Combine peanut butter, butter, vanilla and salt in large bowl. Beat with an electric mixer on LOW until blended.
- ☐ Add 2 cups powdered sugar, beating until blended. Beat in additional powdered sugar until mixture, when shaped into a ball, will stay on a toothpick. Shape into 1-inch balls. Refrigerate.
- ☐ Place chocolate chips and shortening in microwave-safe bowl. Microwave on MEDIUM for 30 seconds. Stir. Repeat until mixture is smooth. Reheat as needed while coating peanut butter balls.
- ☐ Insert toothpick in peanut butter ball. Dip 3/4 of ball into chocolate, leaving top uncovered to resemble a buckeye.
- ☐ Remove excess.
- ☐ Place on wax paper-lined tray.
- ☐ Remove toothpick. Smooth over holes. Refrigerate until firm.

Nutrition Facts



Properties

Glycemic Index:1.07, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.1952173930147%

Nutrients (% of daily need)

Calories: 88.86kcal (4.44%), Fat: 7.43g (11.43%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 3.66g (1.33%), Sugar: 2.77g (3.08%), Cholesterol: 4.41mg (1.47%), Sodium: 59.8mg (2.6%), Alcohol: 0.02g (100%), Alcohol %: 0.2% (100%), Caffeine: 4.88mg (1.63%), Protein: 1.81g (3.63%), Manganese: 0.17mg (8.49%), Magnesium: 20.93mg (5.23%), Copper: 0.1mg (4.9%), Vitamin E: 0.69mg (4.61%), Vitamin B3: 0.91mg (4.53%), Phosphorus: 37.07mg (3.71%), Fiber: 0.76g (3.05%), Iron: 0.47mg (2.62%), Zinc: 0.32mg (2.11%), Potassium: 69.08mg (1.97%), Vitamin B6: 0.03mg (1.53%), Folate: 5.6µg (1.4%), Selenium: 0.76µg (1.09%)