



Lake Travis Mud



Gluten Free



Dairy Free



Low Fod Map

READY IN



11 min.

SERVINGS



16

CALORIES



447 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz butterscotch chips
- ☐ 12 oz roasted peanuts dry
- ☐ 2 cups marshmallows miniature
- ☐ 1 cup chunky peanut butter
- ☐ 12 oz semi-sweet chocolate chips — i used ghirardelli chocolate pieces 58% for this

Equipment

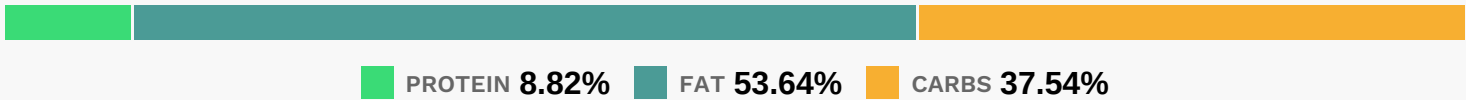
- ☐ bowl
- ☐ frying pan

- ☐ double boiler
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ In a large double boiler or in a heat-proof bowl set over simmering water, melt the chips over low heat. Stir in peanut butter until melted.
- ☐ Add peanuts.
- ☐ Let cool slightly and add marshmallows.
- ☐ Spread mixture in a 9×13 pan lined with parchment or nonstick foil. Refrigerate for at least two hours. Lift from pan by grasping foil, set on a cutting board and cut into desired size squares/bars. The mud should remain store in the refrigerator and will keep for a couple of months in an airtight container. Makes 60 pieces.

Nutrition Facts



Properties

Glycemic Index:4.66, Glycemic Load:3.47, Inflammation Score:-5, Nutrition Score:10.975217508233%

Nutrients (% of daily need)

Calories: 447.19kcal (22.36%), Fat: 27.67g (42.56%), Saturated Fat: 8.4g (52.47%), Carbohydrates: 43.57g (14.52%), Net Carbohydrates: 39.31g (14.29%), Sugar: 31.26g (34.73%), Cholesterol: 3.19mg (1.06%), Sodium: 246.61mg (10.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 18.29mg (6.1%), Protein: 10.24g (20.47%), Manganese: 0.96mg (48.09%), Vitamin B3: 5.39mg (26.95%), Magnesium: 102.64mg (25.66%), Copper: 0.43mg (21.52%), Phosphorus: 187.84mg (18.78%), Vitamin E: 2.66mg (17.75%), Fiber: 4.27g (17.07%), Iron: 1.98mg (10.97%), Zinc: 1.58mg (10.56%), Potassium: 347.25mg (9.92%), Vitamin B6: 0.18mg (8.9%), Folate: 34.55µg (8.64%), Selenium: 4.66µg (6.65%), Vitamin B5: 0.53mg (5.32%), Vitamin B2: 0.09mg (5.09%), Vitamin B1: 0.06mg (4.27%), Calcium: 34.45mg (3.45%), Vitamin K: 1.64µg (1.56%)