



Layered Peanut Butter Dessert Dip

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

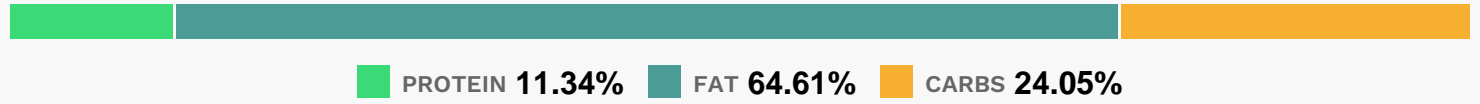
- 1 cup creamy peanut butter
- 0.3 cup baker's angel flake coconut toasted
- 0.5 cup marshmallow crème jet-puffed
- 2 Tbsp planters cocktail peanuts chopped
- 1 oz baker's semi-sweet chocolate cooled melted
- 0.5 cup cool whip whipped topping thawed

Equipment

Directions

- Spread peanut butter onto 8-inch plate.
- Mix marshmallow creme and COOL WHIP until blended; spread over peanut butter.
- Top with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.43, Inflammation Score:-2, Nutrition Score:4.2647826144391%

Nutrients (% of daily need)

Calories: 149.22kcal (7.46%), Fat: 11.42g (17.56%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 9.56g (3.19%), Net Carbohydrates: 8.23g (2.99%), Sugar: 5.8g (6.44%), Cholesterol: 0.16mg (0.05%), Sodium: 76.59mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Manganese: 0.35mg (17.56%), Vitamin B3: 2.53mg (12.63%), Vitamin E: 1.6mg (10.65%), Magnesium: 36.35mg (9.09%), Phosphorus: 73.16mg (7.32%), Copper: 0.12mg (5.97%), Fiber: 1.33g (5.34%), Folate: 18.19µg (4.55%), Vitamin B6: 0.09mg (4.32%), Potassium: 127.86mg (3.65%), Zinc: 0.55mg (3.64%), Iron: 0.52mg (2.88%), Vitamin B1: 0.03mg (2.31%), Vitamin B2: 0.04mg (2.31%), Vitamin B5: 0.22mg (2.23%), Selenium: 1.28µg (1.83%), Calcium: 13.16mg (1.32%)