



Macaroons Con Peanut Butter

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



168 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup plus light
- 2.3 cups cornflakes cereal
- 1.3 cups peanut butter
- 0.5 cup sugar white

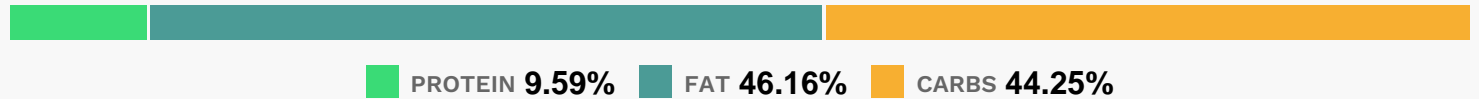
Equipment

- sauce pan

Directions

- In a heavy saucepan over medium-high heat, bring the sugar and corn syrup to a boil, and let cook for 2 minutes.
- Remove from heat and stir in peanut butter.
- Mix in the cornflakes and if desired, sesame seeds. Drop spoonfuls onto waxed paper and let cool until set.

Nutrition Facts



Properties

Glycemic Index:5.73, Glycemic Load:5.7, Inflammation Score:-2, Nutrition Score:4.8626086810685%

Nutrients (% of daily need)

Calories: 168.12kcal (8.41%), Fat: 9.21g (14.16%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 18.88g (6.86%), Sugar: 15.05g (16.72%), Cholesterol: 0mg (0%), Sodium: 109.25mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Vitamin B3: 3.03mg (15.16%), Manganese: 0.27mg (13.45%), Vitamin E: 1.64mg (10.91%), Magnesium: 31.79mg (7.95%), Iron: 1.36mg (7.56%), Vitamin B6: 0.14mg (7.23%), Folate: 28.37µg (7.09%), Phosphorus: 64.44mg (6.44%), Vitamin B2: 0.09mg (5.32%), Vitamin B1: 0.08mg (5.26%), Copper: 0.08mg (4.14%), Fiber: 0.98g (3.92%), Zinc: 0.53mg (3.56%), Potassium: 107.35mg (3.07%), Vitamin B12: 0.18µg (3.02%), Vitamin B5: 0.2mg (1.98%), Selenium: 1.14µg (1.62%), Vitamin A: 64.83IU (1.3%), Calcium: 10.25mg (1.02%)