



Marshmallow & Peanut Butter Snack

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



81 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 Tbsp creamy peanut butter
- 2 Tbsp marshmallow crème jet-puffed
- 12 ritz crackers

Equipment

Directions

- Spread 1 tsp. of the peanut butter onto each of 6 of the crackers.

- Top each with 1 tsp. of the marshmallow creme.
- Cover with remaining crackers to make six sandwiches.

Nutrition Facts

PROTEIN 9.28% **FAT 52.65%** **CARBS 38.07%**

Properties

Glycemic Index:2.8, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.1591304359229%

Nutrients (% of daily need)

Calories: 81.02kcal (4.05%), Fat: 4.94g (7.6%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 7.57g (2.75%), Sugar: 2.73g (3.04%), Cholesterol: 0mg (0%), Sodium: 90.96mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Manganese: 0.13mg (6.64%), Vitamin B3: 1.2mg (6.01%), Vitamin E: 0.83mg (5.56%), Phosphorus: 41.35mg (4.14%), Vitamin K: 3.62µg (3.45%), Magnesium: 12.18mg (3.05%), Vitamin B1: 0.04mg (2.71%), Folate: 10.69µg (2.67%), Iron: 0.43mg (2.4%), Fiber: 0.47g (1.89%), Vitamin B2: 0.03mg (1.84%), Copper: 0.04mg (1.79%), Vitamin B6: 0.03mg (1.64%), Calcium: 14.22mg (1.42%), Zinc: 0.21mg (1.38%), Potassium: 44.66mg (1.28%)