



## No-Bake Chocolate Covered Peanut Butter Eggs

♡ Popular

READY IN



45 min.

SERVINGS



30

CALORIES



188 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 1.3 cup creamy peanut butter
- ☐ 14 ounces chocolate dark
- ☐ 0.8 cup graham cracker crumbs
- ☐ 1 cup powdered sugar
- ☐ 0.5 teaspoon sea salt
- ☐ 1 Tablespoons shortening
- ☐ 5 Tablespoons butter unsalted softened

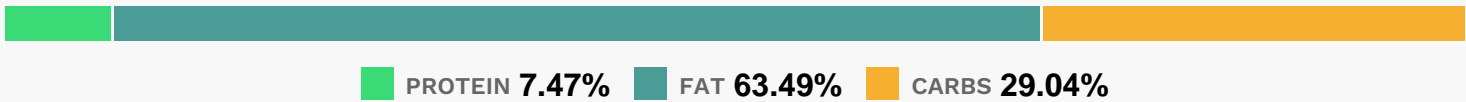
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ cookie cutter
- ☐ stand mixer
- ☐ wax paper

## Directions

- ☐ In a large bowl mix together peanut butter, butter, graham cracker crumbs, powdered sugar and salt until well combined. You may have to use your hands if you're not using a stand mixer.
- ☐ Roll dough out on a wax paper lined surface to a generous 1/4" thickness.(place a another piece of wax paper over dough for easier rolling).
- ☐ Remove top piece of wax paper and using a small oval cookie cutter, cut out your eggs and place on wax paper lined pan. Reroll scraps and cut again.
- ☐ Place cut eggs in the freezer for one hour, or until firm.Melt chocolate and shortening according to instructions on package.Using a fork, dunk each frozen eggs in the chocolate, tapping off the excess. Use a spoon to push egg off fork on to wax paper lined baking sheet and refrigerate until set. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:3.7, Glycemic Load:2.46, Inflammation Score:-3, Nutrition Score:5.1000000050534%

## Nutrients (% of daily need)

Calories: 188.26kcal (9.41%), Fat: 13.66g (21.02%), Saturated Fat: 5.66g (35.4%), Carbohydrates: 14.06g (4.69%), Net Carbohydrates: 12.03g (4.38%), Sugar: 8.7g (9.67%), Cholesterol: 5.41mg (1.8%), Sodium: 101.71mg (4.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.58mg (3.53%), Protein: 3.62g (7.23%), Manganese: 0.42mg

(20.78%), Copper: 0.28mg (14.01%), Magnesium: 49.62mg (12.4%), Iron: 1.85mg (10.28%), Vitamin B3: 1.65mg (8.25%), Phosphorus: 81.99mg (8.2%), Fiber: 2.03g (8.12%), Vitamin E: 1.14mg (7.58%), Zinc: 0.75mg (5.03%), Potassium: 159.59mg (4.56%), Vitamin B6: 0.05mg (2.75%), Folate: 10.28µg (2.57%), Vitamin B2: 0.04mg (2.2%), Selenium: 1.39µg (1.98%), Vitamin B5: 0.17mg (1.75%), Calcium: 17.21mg (1.72%), Vitamin B1: 0.02mg (1.62%), Vitamin K: 1.39µg (1.32%), Vitamin A: 63.47IU (1.27%)