



No-Bake Chocolate Peanut Butter Drops

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



83 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup creamy peanut butter reduced-fat
- ☐ 0.3 cup chocolate chips dark
- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 1.5 cups oats uncooked quick
- ☐ 1 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

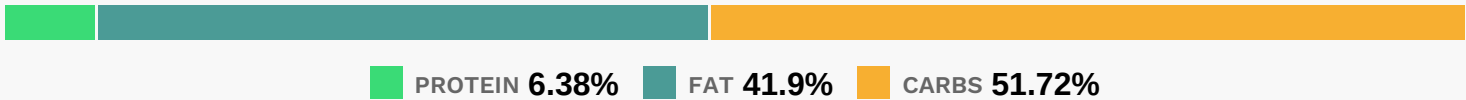
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ wax paper

Directions

- ☐ Combine first 4 ingredients (through milk) in a medium saucepan. Bring to a simmer over medium heat, stirring frequently. Cook until sugar dissolves, stirring gently (about 2 minutes).
- ☐ Remove from heat; add chocolate chips.
- ☐ Let stand 1 minute; stir with a whisk until chips are melted.
- ☐ Add peanut butter and vanilla; stir well with a whisk. Stir in oats. Cool slightly.
- ☐ Drop mixture by tablespoonfuls onto wax paper; cool 15 minutes or until firm.

Nutrition Facts



Properties

Glycemic Index:6.64, Glycemic Load:6.26, Inflammation Score:-1, Nutrition Score:2.0234782699819%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 82.73kcal (4.14%), Fat: 4.05g (6.23%), Saturated Fat: 2.08g (12.98%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 10.45g (3.8%), Sugar: 7.58g (8.42%), Cholesterol: 5.6mg (1.87%), Sodium: 28.32mg (1.23%), Alcohol: 0.05g (100%), Alcohol %: 0.29% (100%), Protein: 1.39g (2.78%), Manganese: 0.24mg (11.81%), Magnesium: 18.98mg (4.74%), Phosphorus: 35.43mg (3.54%), Fiber: 0.81g (3.23%), Copper: 0.05mg (2.73%), Selenium: 1.76µg (2.52%), Vitamin E: 0.31mg (2.05%), Zinc: 0.3mg (1.99%), Iron: 0.35mg (1.94%), Vitamin B1: 0.03mg (1.86%), Vitamin B3: 0.35mg (1.77%), Potassium: 50.72mg (1.45%), Vitamin A: 65.19IU (1.3%), Calcium: 11.47mg (1.15%), Vitamin B2: 0.02mg (1.13%)