



No Bakes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 0.5 cup crunchy peanut butter
- 0.5 cup milk
- 3 cups cooking oats quick
- 3 tablespoons cocoa powder unsweetened
- 1 tablespoon vanilla extract
- 2 cups sugar white

Equipment

wooden spoon

wax paper

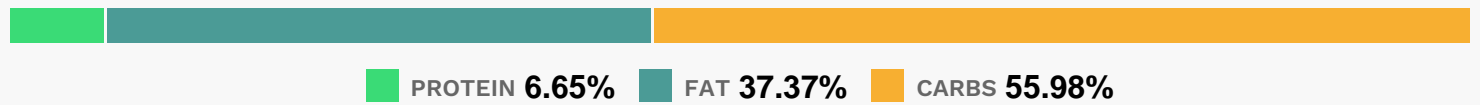
Directions

Heat cocoa, sugar, milk and butter over medium heat. Boil these verrrry slowly (they will turn out better) when they reach the boiling point boil them for no longer than 90-120 seconds.

Stir together oats, peanut butter and vanilla with a big wooden spoon or Kitchen Aid.

Pour the hot mix over the oatmeal mix and drop on wax paper.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:15.6, Inflammation Score:-3, Nutrition Score:4.2486956845159%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 173.37kcal (8.67%), Fat: 7.52g (11.57%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 23.73g (8.63%), Sugar: 17.56g (19.51%), Cholesterol: 10.78mg (3.59%), Sodium: 59.11mg (2.57%), Alcohol: 0.19g (100%), Alcohol %: 0.55% (100%), Protein: 3.01g (6.02%), Manganese: 0.56mg (27.93%), Magnesium: 39.85mg (9.96%), Phosphorus: 74.45mg (7.45%), Fiber: 1.61g (6.46%), Selenium: 4.22µg (6.03%), Copper: 0.09mg (4.69%), Vitamin B1: 0.06mg (4.27%), Vitamin B3: 0.84mg (4.21%), Iron: 0.67mg (3.72%), Zinc: 0.54mg (3.63%), Vitamin E: 0.52mg (3.48%), Potassium: 95.72mg (2.73%), Vitamin A: 126.42IU (2.53%), Folate: 8.53µg (2.13%), Vitamin B2: 0.03mg (1.88%), Vitamin B6: 0.04mg (1.84%), Vitamin B5: 0.16mg (1.58%), Calcium: 15.6mg (1.56%)