



## Peanut Butter and Honey Balls

 Vegetarian

READY IN



20 min.

SERVINGS



24

CALORIES



96 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 0.5 cup graham cracker crumbs
- 0.3 cup honey
- 0.5 cup milk powder dry
- 1 cup peanut butter

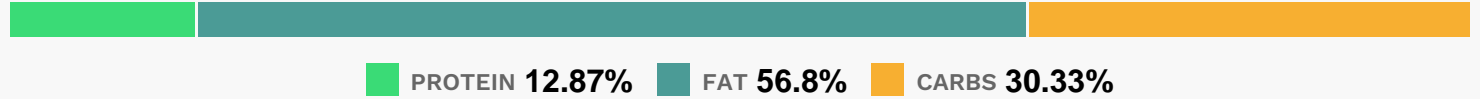
### Equipment

- bowl

## Directions

- Mix peanut butter, dry milk powder, honey, and raisins together in a bowl until well incorporated. Shape into walnut-sized balls.
- Place graham cracker crumbs in a shallow bowl; roll peanut butter balls in the crumbs to coat.

## Nutrition Facts



## Properties

Glycemic Index:7.72, Glycemic Load:3.18, Inflammation Score:-1, Nutrition Score:2.9113043559634%

## Nutrients (% of daily need)

Calories: 95.56kcal (4.78%), Fat: 6.38g (9.82%), Saturated Fat: 1.56g (9.74%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 7.08g (2.58%), Sugar: 5.45g (6.06%), Cholesterol: 2.59mg (0.86%), Sodium: 67.68mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Manganese: 0.16mg (8.07%), Vitamin B3: 1.52mg (7.59%), Vitamin E: 0.99mg (6.63%), Phosphorus: 60.81mg (6.08%), Magnesium: 21.54mg (5.38%), Vitamin B2: 0.06mg (3.42%), Calcium: 31.18mg (3.12%), Vitamin B6: 0.06mg (2.92%), Potassium: 101.03mg (2.89%), Folate: 11.11µg (2.78%), Zinc: 0.4mg (2.69%), Copper: 0.05mg (2.45%), Fiber: 0.58g (2.33%), Vitamin D: 0.28µg (1.87%), Vitamin B5: 0.18mg (1.77%), Vitamin B1: 0.03mg (1.76%), Iron: 0.29mg (1.59%), Vitamin B12: 0.09µg (1.44%), Selenium: 0.9µg (1.29%)