



Peanut Butter Balls

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



18

CALORIES



373 kcal

DESSERT

Ingredients

- 1.5 cups cornflakes crushed
- 1 cup honey
- 1 cup peanut butter
- 2 cups powdered milk
- 1 cup powdered sugar
- 1.5 cups walnuts finely chopped

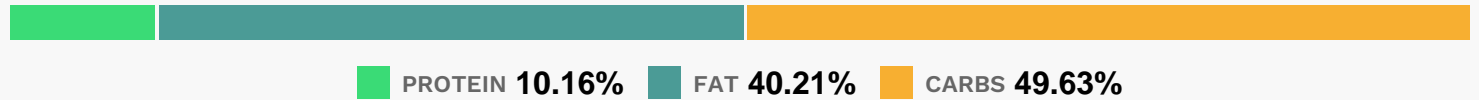
Equipment

- bowl

Directions

- Mix peanut butter, honey, and milk together in a large bowl to form very thick mixture.
- Roll mixture in small balls about the size of a walnut.
- Roll the balls in either the crushed cornflakes, finely chopped nuts, or powdered sugar.
- Place on waxed paper and refrigerate for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:11.04, Inflammation Score:-6, Nutrition Score:16.076521575451%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 373.45kcal (18.67%), Fat: 17.56g (27.01%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 48.75g (16.25%), Net Carbohydrates: 46.72g (16.99%), Sugar: 31.08g (34.53%), Cholesterol: 13.8mg (4.6%), Sodium: 259.06mg (11.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Iron: 6.38mg (35.44%), Vitamin B2: 0.52mg (30.63%), Manganese: 0.6mg (29.86%), Vitamin B3: 5.66mg (28.3%), Vitamin B6: 0.52mg (25.82%), Folate: 97.91µg (24.48%), Vitamin B12: 1.45µg (24.13%), Vitamin B1: 0.36mg (23.83%), Phosphorus: 213.55mg (21.36%), Magnesium: 59.78mg (14.95%), Calcium: 148.47mg (14.85%), Vitamin D: 2.2µg (14.69%), Copper: 0.27mg (13.64%), Potassium: 356.04mg (10.17%), Vitamin E: 1.48mg (9.87%), Vitamin A: 486.91IU (9.74%), Zinc: 1.38mg (9.2%), Fiber: 2.03g (8.12%), Selenium: 5.21µg (7.44%), Vitamin C: 5.58mg (6.77%), Vitamin B5: 0.59mg (5.88%)