



Peanut Butter Balls



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



44

CALORIES



50 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons cocoa
- ☐ 0.5 cup light-colored corn syrup
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 cup powdered sugar sifted
- ☐ 2 tablespoons powdered sugar sifted
- ☐ 1.5 cups vanilla wafer crumbs

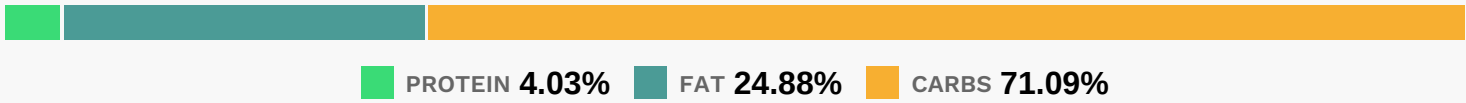
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl, and stir well.
- ☐ Combine corn syrup and peanut butter, stirring well.
- ☐ Add to crumb mixture; mix well.
- ☐ Shape mixture into 1-inch balls.
- ☐ Sprinkle evenly with 2 tablespoons powdered sugar. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:2.67, Inflammation Score:-1, Nutrition Score:0.54565217418839%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 49.58kcal (2.48%), Fat: 1.44g (2.22%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 9.05g (3.29%), Sugar: 7.34g (8.16%), Cholesterol: 0.04mg (0.01%), Sodium: 23.88mg (1.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Manganese: 0.03mg (1.52%), Vitamin B3: 0.3mg (1.49%), Vitamin B1: 0.02mg (1.35%), Folate: 4.63µg (1.16%)