



Peanut Butter Balls I

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



260 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1 cup coconut or flaked
- ☐ 2 cups confectioners' sugar
- ☐ 0.5 cup maraschino cherries chopped
- ☐ 0.7 cup peanut butter
- ☐ 2.3 cups semi chocolate chips
- ☐ 1 cup walnuts chopped

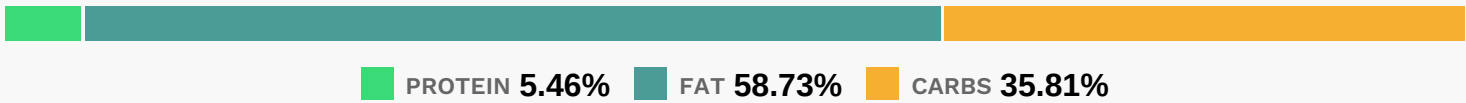
Equipment

☐ toothpicks

Directions

- ☐ Melt butter or margarine over low heat.
- ☐ Remove from heat and mix melted butter, confectioners' sugar, coconut, walnuts, peanut butter and cherries. Form into small balls. Chill until firm.
- ☐ Melt chocolate chips over low heat. Stick a toothpick into each ball and dip into chocolate.
- ☐ Roll chocolate covered peanut butter balls in coconut to coat. Chill.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:5.8360869243093%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg

Nutrients (% of daily need)

Calories: 259.51kcal (12.98%), Fat: 17.49g (26.91%), Saturated Fat: 7.97g (49.8%), Carbohydrates: 24g (8%), Net Carbohydrates: 21.25g (7.73%), Sugar: 19.03g (21.14%), Cholesterol: 6.03mg (2.01%), Sodium: 49.24mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.51mg (4.84%), Protein: 3.66g (7.32%), Manganese: 0.59mg (29.66%), Copper: 0.35mg (17.71%), Magnesium: 52.95mg (13.24%), Fiber: 2.76g (11.02%), Phosphorus: 93.04mg (9.3%), Iron: 1.48mg (8.21%), Vitamin B3: 1.17mg (5.86%), Zinc: 0.87mg (5.78%), Vitamin E: 0.86mg (5.73%), Potassium: 178.63mg (5.1%), Selenium: 2.7µg (3.86%), Vitamin B6: 0.07mg (3.73%), Folate: 11.33µg (2.83%), Calcium: 22.99mg (2.3%), Vitamin B1: 0.03mg (2.28%), Vitamin B2: 0.04mg (2.09%), Vitamin B5: 0.19mg (1.88%), Vitamin K: 1.62µg (1.54%), Vitamin A: 69.94IU (1.4%)