



Peanut Butter Balls V

READY IN



45 min.

SERVINGS



100

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 1 cup confectioners' sugar
- ☐ 2 cups creamy peanut butter
- ☐ 2.5 cups graham cracker crumbs
- ☐ 2 cups pecans chopped
- ☐ 0.1 teaspoon salt
- ☐ 2 cups semi chocolate chips
- ☐ 2 tablespoons shortening
- ☐ 2 teaspoons vanilla extract

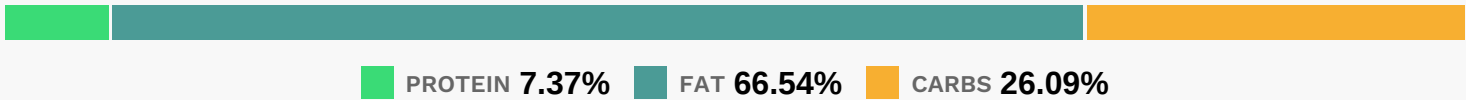
Equipment

- ☐ baking sheet
- ☐ double boiler
- ☐ toothpicks

Directions

- ☐ Cream together the butter, vanilla, salt and peanut butter. Stir in 2 cups of the confectioners' sugar, nuts and all but 1/2 cup of the graham cracker crumbs.
- ☐ Add the last 1/2 cup of graham cracker crumbs only if needed; otherwise it may be difficult to mold the balls.
- ☐ Form the mixture by hand into 1 inch balls.
- ☐ Roll each ball in the remaining cup of confectioners' sugar. Set the balls in a single layer on a cookie sheet and refrigerate until firm. At this point the cookies may be dipped in melted chocolate or they can be left plain. Store in an airtight container in the refrigerator.
- ☐ To Dip Balls In Chocolate: In the top half of a double boiler; melt the chocolate chips and shortening just until the chips are melted.
- ☐ Remove from heat but leave over hot water. Insert a toothpick into the chilled balls and dip into the melted chocolate until coated. Set on waxed paper until hardened.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:1.27, Inflammation Score:-1, Nutrition Score:2.2669565074308%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 90.92kcal (4.55%), Fat: 6.97g (10.73%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.33g (1.94%), Sugar: 3.62g (4.02%), Cholesterol: 2.66mg (0.89%), Sodium: 46.58mg (2.03%), Alcohol: 0.03g (100%), Alcohol %: 0.22% (100%), Caffeine: 3.1mg (1.03%), Protein: 1.74g (3.48%), Manganese: 0.22mg (11.08%), Magnesium: 18.97mg (4.74%), Copper: 0.09mg (4.68%), Vitamin B3: 0.82mg (4.11%), Vitamin E: 0.56mg (3.76%), Phosphorus: 37.41mg (3.74%), Fiber: 0.82g (3.27%), Iron: 0.46mg (2.56%), Zinc: 0.37mg (2.45%), Vitamin B1: 0.03mg (1.84%), Potassium: 62.58mg (1.79%), Vitamin B6: 0.03mg (1.54%), Folate: 5.92µg (1.48%), Vitamin B2: 0.02mg (1.19%)