



Peanut Butter-Banana Cookie Balls

READY IN



90 min.

SERVINGS



30

CALORIES



204 kcal

Ingredients

- 0.3 cup bananas ripe mashed
- 8 oz philadelphia cream cheese softened
- 3 cups peanut butter sandwich cookies crushed finely
- 0.5 cup planters cocktail peanuts finely chopped
- 16 oz baker's semi-sweet chocolate melted

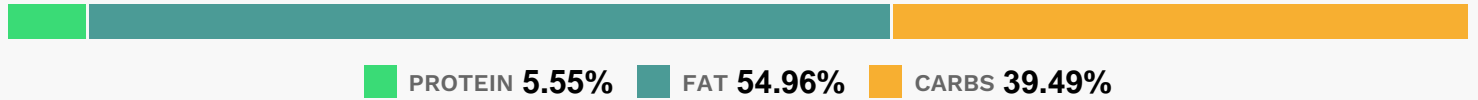
Equipment

- frying pan

Directions

- Mix cream cheese, cookie crumbs and bananas until well blended.
- Shape into 48 (1-inch) balls. Dip in chocolate; place in single layer in shallow waxed paper-lined pan.
- Sprinkle with nuts.
- Refrigerate 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.32, Inflammation Score:-3, Nutrition Score:5.2530434727669%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg

Nutrients (% of daily need)

Calories: 203.6kcal (10.18%), Fat: 12.66g (19.48%), Saturated Fat: 5.95g (37.19%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 18.52g (6.73%), Sugar: 12.55g (13.94%), Cholesterol: 8.54mg (2.85%), Sodium: 87.88mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.8mg (4.6%), Protein: 2.88g (5.76%), Manganese: 0.38mg (18.92%), Iron: 3mg (16.66%), Copper: 0.27mg (13.33%), Magnesium: 39.84mg (9.96%), Fiber: 1.95g (7.79%), Phosphorus: 72.09mg (7.21%), Vitamin K: 5.64µg (5.37%), Vitamin B3: 0.95mg (4.74%), Potassium: 157.22mg (4.49%), Selenium: 2.94µg (4.21%), Folate: 16.61µg (4.15%), Zinc: 0.61mg (4.07%), Vitamin B2: 0.07mg (3.96%), Vitamin B1: 0.05mg (3.67%), Vitamin E: 0.55mg (3.67%), Calcium: 22.73mg (2.27%), Vitamin A: 110.48IU (2.21%), Vitamin B5: 0.19mg (1.85%), Vitamin B6: 0.03mg (1.38%)