



Peanut Butter Bumble Bees

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



110 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup planters almonds toasted sliced
- 0.3 cup butter softened ()
- 1 cup creamy peanut butter
- 1.5 cups graham crackers crushed finely
- 1 cup powdered sugar
- 1 oz baker's semi-sweet chocolate

Equipment

- bowl

hand mixer

Directions

- Beat butter, peanut butter and powdered sugar in large bowl with electric mixer on medium speed until well blended.
- Add cracker crumbs; mix well.
- Shape tablespoonful of butter mixture into 1-inch oval to resemble body of bumble bee. Repeat with remaining butter mixture for additional "bees."
- Melt chocolate as directed on package.
- Drizzle in lines on top of bees to resemble bees' stripes. Insert almonds into both sides of each body for "wings." Store in refrigerator up to 3 days.

Nutrition Facts

 **PROTEIN 8.82%**  **FAT 56.75%**  **CARBS 34.43%**

Properties

Glycemic Index:3.27, Glycemic Load:2.48, Inflammation Score:-2, Nutrition Score:2.5178260581325%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 109.7kcal (5.49%), Fat: 7.21g (11.09%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 9.08g (3.3%), Sugar: 6.17g (6.86%), Cholesterol: 0.06mg (0.02%), Sodium: 82.6mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Manganese: 0.16mg (8.11%), Vitamin E: 1.11mg (7.4%), Vitamin B3: 1.35mg (6.74%), Magnesium: 21.49mg (5.37%), Phosphorus: 45.45mg (4.54%), Fiber: 0.76g (3.04%), Copper: 0.06mg (3%), Folate: 9.8µg (2.45%), Zinc: 0.36mg (2.38%), Vitamin B2: 0.04mg (2.36%), Iron: 0.42mg (2.35%), Vitamin B6: 0.04mg (2.21%), Potassium: 69.66mg (1.99%), Vitamin B1: 0.02mg (1.6%), Vitamin A: 68.15IU (1.36%), Calcium: 11.48mg (1.15%)