



Peanut Butter Candy

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



24

CALORIES



162 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 1.3 cups confectioners' sugar
- 1 cup plus
- 1.3 cups milk powder
- 1 cup peanut butter

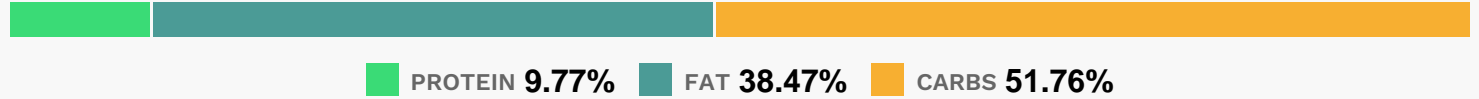
Equipment

- bowl

Directions

- In a large bowl, mix the peanut butter and corn syrup until well blended. Stir in the milk powder and confectioners' sugar until smooth.
- Roll tablespoons of dough into balls and set on waxed paper. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:3.49, Inflammation Score:-2, Nutrition Score:3.8330434657957%

Nutrients (% of daily need)

Calories: 161.77kcal (8.09%), Fat: 7.3g (11.23%), Saturated Fat: 2.2g (13.74%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 21.59g (7.85%), Sugar: 20.71g (23.01%), Cholesterol: 6.47mg (2.16%), Sodium: 79.79mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Phosphorus: 88.18mg (8.82%), Manganese: 0.16mg (8.03%), Vitamin B3: 1.47mg (7.36%), Calcium: 67.98mg (6.8%), Vitamin E: 1.02mg (6.79%), Magnesium: 23.98mg (5.99%), Vitamin B2: 0.1mg (5.98%), Vitamin D: 0.7µg (4.67%), Potassium: 149.56mg (4.27%), Zinc: 0.56mg (3.73%), Vitamin B12: 0.22µg (3.61%), Vitamin B6: 0.07mg (3.39%), Folate: 11.71µg (2.93%), Vitamin B1: 0.04mg (2.81%), Vitamin B5: 0.27mg (2.65%), Copper: 0.05mg (2.55%), Selenium: 1.66µg (2.38%), Fiber: 0.52g (2.06%), Vitamin A: 62.27IU (1.25%), Iron: 0.22mg (1.23%)