



Peanut Butter-Cocoa Truffles

READY IN



45 min.

SERVINGS



36

CALORIES



77 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup cocoa powder
- ☐ 36 servings graham cracker crumbs finely chopped
- ☐ 0.8 cup butter
- ☐ 1 cup peanut butter chips
- ☐ 14 oz condensed milk sweetened canned
- ☐ 1 tablespoon vanilla extract

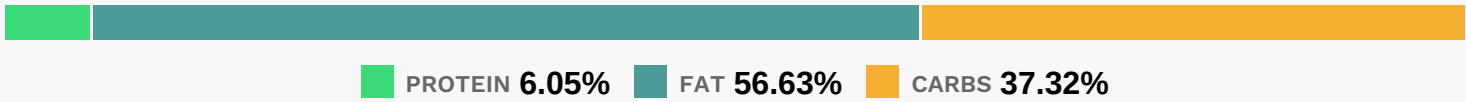
Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 4 ingredients in a large saucepan over low heat. Stir constantly until mixture is thick and glossy, about 9 minutes.
- ☐ Remove from heat; stir in vanilla. Chill for 4 hours or until firm enough to handle.
- ☐ Shape into one-inch balls; roll in cocoa, nuts or crumbs. Chill until firm, about one hour. Store, covered, in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:4.2, Inflammation Score:-1, Nutrition Score:1.5469565158305%

Flavonoids

Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 77.3kcal (3.87%), Fat: 5.06g (7.78%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 7.5g (2.5%), Net Carbohydrates: 7.02g (2.55%), Sugar: 6.3g (7%), Cholesterol: 13.92mg (4.64%), Sodium: 51.28mg (2.23%), Alcohol: 0.12g (100%), Alcohol %: 0.68% (100%), Protein: 1.22g (2.43%), Phosphorus: 39.84mg (3.98%), Calcium: 34.8mg (3.48%), Vitamin B2: 0.05mg (3.12%), Vitamin A: 147.62IU (2.95%), Selenium: 1.85µg (2.64%), Magnesium: 9.55mg (2.39%), Manganese: 0.05mg (2.37%), Copper: 0.05mg (2.37%), Fiber: 0.48g (1.9%), Potassium: 62.5mg (1.79%), Zinc: 0.21mg (1.39%), Iron: 0.23mg (1.28%)