



Peanut Butter Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 cup creamy peanut butter
- ☐ 0.3 cup half-and-half
- ☐ 1 cup condensed milk sweetened

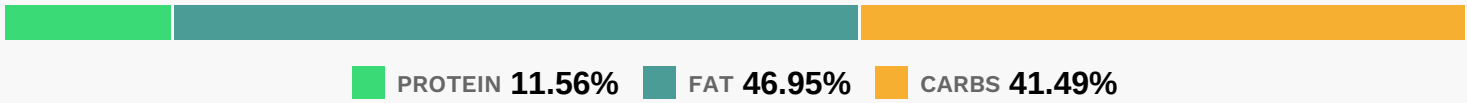
Equipment

- ☐ sauce pan

Directions

- ☐ Melt peanut buttter in a saucepan over medium-low heat, stirring constantly. Gradually stir in condensed milk and half-and-half; cook until heated.
- ☐ Remove from heat; serve warm.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:8.0891304391882%

Nutrients (% of daily need)

Calories: 305.27kcal (15.26%), Fat: 16.58g (25.51%), Saturated Fat: 5.68g (35.5%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 31.94g (11.61%), Sugar: 30.42g (33.8%), Cholesterol: 20.87mg (6.96%), Sodium: 163.16mg (7.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.37%), Phosphorus: 211.49mg (21.15%), Calcium: 166.16mg (16.62%), Vitamin B2: 0.27mg (16.05%), Manganese: 0.32mg (15.92%), Vitamin B3: 2.98mg (14.89%), Vitamin E: 2.07mg (13.77%), Magnesium: 50.6mg (12.65%), Selenium: 8.75µg (12.5%), Potassium: 323.78mg (9.25%), Zinc: 1.06mg (7.1%), Vitamin B5: 0.64mg (6.4%), Vitamin B6: 0.13mg (6.33%), Folate: 24.4µg (6.1%), Vitamin B1: 0.08mg (5.24%), Copper: 0.1mg (4.94%), Fiber: 1.03g (4.13%), Vitamin B12: 0.24µg (4.06%), Vitamin A: 171.87IU (3.44%), Iron: 0.47mg (2.63%), Vitamin C: 1.42mg (1.72%)