



WHATSheATE



Peanut Butter Crunch Candy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



153 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup plus light
- ☐ 1 cup creamy peanut butter
- ☐ 12 ounce semisweet chocolate morsels melted
- ☐ 1 cup sugar
- ☐ 0.3 cup water

Equipment

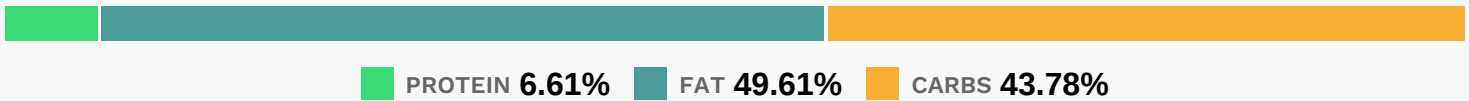
- ☐ frying pan
- ☐ sauce pan

- ☐ knife
- ☐ double boiler
- ☐ wax paper

Directions

- ☐ Butter an 8" square pan.
- ☐ Heat peanut butter in top of a double boiler or on low heat in a medium saucepan, stirring constantly, until softened; set aside.
- ☐ Combine sugar, water, and syrup in a small saucepan. Cook over medium heat, stirring constantly, until sugar is dissolved. Cover and cook 2 to 3 minutes to wash crystals from sides of pan. Uncover and cook, without stirring, to 310 (hard-crack stage), about 16 minutes.
- ☐ Working quickly, pour syrup mixture immediately into peanut butter, stirring constantly, just until blended.
- ☐ Pour into prepared pan.
- ☐ Let cool 1 minute. Score (cut through but not to bottom of pan) into 1" squares. Cool completely.
- ☐ Cut candy with a sharp knife along scored lines. Dip candy in melted chocolate, allowing excess chocolate to drip back into pan. Cool completely on wax paper; place candy in decorative candy liners, if desired.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:5.42, Inflammation Score:-2, Nutrition Score:3.3995652568081%

Nutrients (% of daily need)

Calories: 153.39kcal (7.67%), Fat: 8.77g (13.49%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 16.09g (5.85%), Sugar: 14.63g (16.25%), Cholesterol: 0.68mg (0.23%), Sodium: 40.58mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 2.63g (5.26%), Manganese: 0.28mg (13.83%), Copper: 0.18mg (8.93%), Magnesium: 34.56mg (8.64%), Vitamin B3: 1.24mg (6.19%), Phosphorus: 58.64mg (5.86%), Vitamin E: 0.85mg (5.67%), Fiber: 1.32g (5.28%), Iron: 0.87mg (4.83%), Zinc: 0.54mg (3.58%), Potassium: 112.97mg (3.23%), Vitamin B6: 0.04mg (2.1%), Selenium: 1.37µg (1.96%), Folate: 7.4µg (1.85%), Vitamin

B2: 0.02mg (1.37%), Vitamin B5: 0.13mg (1.25%), Calcium: 11.88mg (1.19%), Vitamin B1: 0.02mg (1.18%)