



Peanut Butter Drops

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



36

CALORIES



115 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup butter
- 0.5 cup milk
- 0.5 cup peanut butter
- 3 cups cooking oats quick
- 3 tablespoons cocoa powder unsweetened
- 2 cups sugar white

Equipment

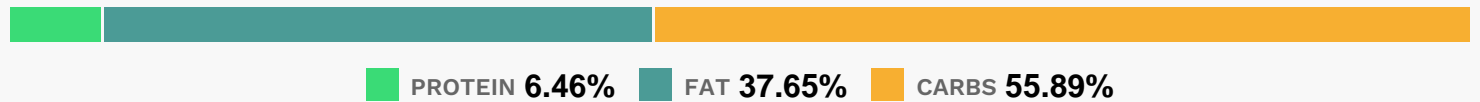
- sauce pan

whisk

Directions

- In a saucepan place sugar, cocoa and the milk and stir with a whisk . Take the butter and slice into this mixture over low heat until all is mixed and melted.
- Bring this to a rolling boil and boil for 2 1/2 minutes... I test it by taking a cup of cold water and putting a spoonful of the mixture into the cold water. If it forms a ball it has boiled long enough. If it does not form a ball, it is not done yet. This may take 3 minutes.
- Turn off heat and add the peanut butter. Stir until it is mixed and then with heavy spoon mix in the oats and stir all together and drop by spoonfuls onto waxed paper.

Nutrition Facts



Properties

Glycemic Index:6.59, Glycemic Load:10.49, Inflammation Score:-2, Nutrition Score:2.7899999799936%

Flavonoids

Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg, Epicatechin: 0.82mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 114.83kcal (5.74%), Fat: 5.05g (7.77%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 16.87g (5.62%), Net Carbohydrates: 15.91g (5.79%), Sugar: 11.73g (13.04%), Cholesterol: 7.19mg (2.4%), Sodium: 37.33mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Manganese: 0.36mg (17.98%), Magnesium: 26.85mg (6.71%), Phosphorus: 50.33mg (5.03%), Fiber: 0.96g (3.85%), Selenium: 2.67µg (3.81%), Vitamin E: 0.45mg (2.99%), Vitamin B1: 0.04mg (2.92%), Copper: 0.06mg (2.83%), Vitamin B3: 0.55mg (2.73%), Iron: 0.44mg (2.44%), Zinc: 0.35mg (2.36%), Vitamin A: 84.28IU (1.69%), Potassium: 56.79mg (1.62%), Vitamin B2: 0.02mg (1.4%), Folate: 5.47µg (1.37%), Vitamin B6: 0.03mg (1.27%), Calcium: 10.5mg (1.05%), Vitamin B5: 0.1mg (1.03%)