



Peanut Butter Fondue

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



967 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 banana peeled sliced into 1-inch chunks (for dipping)
- ☐ 0.5 cup chocolate chips mini (for topping)
- ☐ 0.5 cup graham cracker crumbs (for topping)
- ☐ 1 apples i use 2 granny smith apples sliced into 1-inch cubes (for dipping)
- ☐ 0.3 cup honey
- ☐ 1 cup cream light
- ☐ 12 marshmallows (for dipping)
- ☐ 0.5 cup roasted peanuts crushed (for topping)

- ☐ 0.8 cup creamy peanut butter (like Peanut Butter & Co. Smooth Operator)
- ☐ 12 strawberries (for dipping)

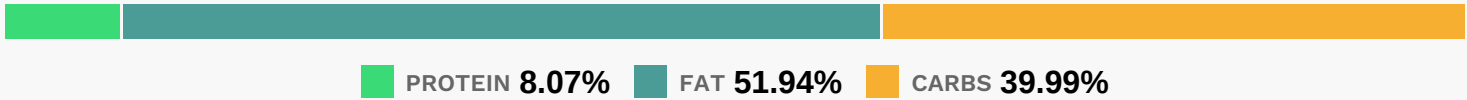
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ In a saucepan combine cream and honey and bring to a simmer while stirring constantly. Reduce heat to low and add peanut butter.
- ☐ Continue stirring until the mixture is completely smooth.
- ☐ Add the mixture to a warm fondue pot, and serve with skewered marshmallows, apple chunks, sliced bananas, hulled strawberries, or whatever dippable snack you're nuts about.
- ☐ For an extra bit of fun, serve the chopped peanuts, mini chocolate chips, and/or graham cracker crumbs in small bowls for your guests to dredge their fondued dippers in. The extra crunch is sure to be a nutty hit.

Nutrition Facts



Properties

Glycemic Index:81.89, Glycemic Load:38.3, Inflammation Score:-7, Nutrition Score:22.006521629251%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 5.31mg, Catechin: 5.31mg, Catechin: 5.31mg, Catechin: 5.31mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 3.59mg, Epicatechin: 3.59mg, Epicatechin: 3.59mg, Epicatechin: 3.59mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin:

0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 966.76kcal (48.34%), Fat: 58.87g (90.56%), Saturated Fat: 21.33g (133.33%), Carbohydrates: 101.98g (33.99%), Net Carbohydrates: 93.64g (34.05%), Sugar: 70.61g (78.46%), Cholesterol: 69.7mg (23.23%), Sodium: 410.7mg (17.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.57g (41.14%), Manganese: 1.48mg (73.9%), Vitamin B3: 10.2mg (51.02%), Magnesium: 146.66mg (36.67%), Vitamin C: 29.03mg (35.19%), Vitamin E: 5.18mg (34.52%), Fiber: 8.33g (33.34%), Phosphorus: 321.71mg (32.17%), Vitamin B6: 0.55mg (27.41%), Folate: 94.4µg (23.6%), Potassium: 821.72mg (23.48%), Copper: 0.44mg (21.86%), Vitamin B2: 0.28mg (16.56%), Zinc: 2.17mg (14.5%), Vitamin A: 722.32IU (14.45%), Iron: 2.5mg (13.91%), Vitamin B1: 0.2mg (13.18%), Calcium: 131.34mg (13.13%), Vitamin B5: 1.21mg (12.12%), Selenium: 4.97µg (7.1%), Vitamin K: 3.85µg (3.66%), Vitamin D: 0.36µg (2.39%), Vitamin B12: 0.12µg (1.99%)