

Peanut Butter Glaze

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



2 min.

SERVINGS



2

CALORIES



203 kcal

SIDE DISH

Ingredients

- 1 tablespoon creamy peanut butter
- 0.7 cup powdered sugar
- 4 teaspoons water

Equipment

Directions

- Stir together the water, sugar, and peanut butter until smooth.

Nutrition Facts

■ PROTEIN 3.42% ■ FAT 17.45% ■ CARBS 79.13%

Properties

Glycemic Index:7, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.6091304520226%

Nutrients (% of daily need)

Calories: 203.36kcal (10.17%), Fat: 4.09g (6.29%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 41.7g (13.9%), Net Carbohydrates: 41.32g (15.03%), Sugar: 39.96g (44.4%), Cholesterol: 0mg (0%), Sodium: 35.62mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Manganese: 0.12mg (5.94%), Vitamin B3: 1.06mg (5.32%), Vitamin E: 0.73mg (4.86%), Magnesium: 13.62mg (3.41%), Phosphorus: 27.12mg (2.71%), Copper: 0.04mg (1.9%), Vitamin B6: 0.04mg (1.78%), Folate: 6.88µg (1.72%), Fiber: 0.38g (1.54%), Zinc: 0.21mg (1.39%), Vitamin B2: 0.02mg (1.35%), Potassium: 45.92mg (1.31%)