



## Peanut Butter Marshmallow Squares

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



15

CALORIES



364 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 11 ounce butterscotch chips
- 1 cup coconut or flaked
- 3.5 cups marshmallows miniature
- 1 cup peanut butter
- 1 cup walnuts chopped

### Equipment

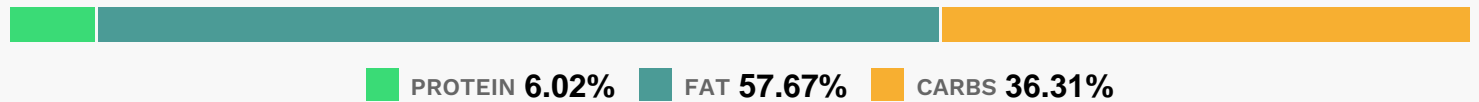
- frying pan

- pot
- double boiler

## Directions

- In the lower pot of a double boiler, add water halfway to top and bring to a boil. Reduce heat to a simmer. In the top of a double boiler, heat butter, butterscotch chips, and peanut butter until melted.
- Remove from heat.
- Stir in coconut, walnuts, and marshmallows.
- Pour mixture in buttered pan. Refrigerate and cut into squares. Store in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:9.63, Glycemic Load:6.26, Inflammation Score:-3, Nutrition Score:6.50608689888866%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg

## Nutrients (% of daily need)

Calories: 363.74kcal (18.19%), Fat: 24.38g (37.5%), Saturated Fat: 9.78g (61.14%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 32.24g (11.73%), Sugar: 25.89g (28.76%), Cholesterol: 18.14mg (6.05%), Sodium: 215.32mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.45%), Manganese: 0.68mg (33.76%), Copper: 0.25mg (12.64%), Vitamin E: 1.84mg (12.27%), Vitamin B3: 2.42mg (12.11%), Magnesium: 46.88mg (11.72%), Phosphorus: 99.93mg (9.99%), Fiber: 2.28g (9.13%), Vitamin B6: 0.14mg (6.79%), Folate: 23.29µg (5.82%), Zinc: 0.82mg (5.48%), Potassium: 165.2mg (4.72%), Vitamin A: 211.44IU (4.23%), Iron: 0.74mg (4.13%), Vitamin B1: 0.06mg (3.78%), Selenium: 2.53µg (3.62%), Vitamin B2: 0.06mg (3.31%), Vitamin B5: 0.28mg (2.82%), Calcium: 20.54mg (2.05%)