



Peanut Butter No Bakes

READY IN



45 min.

SERVINGS



60

CALORIES



64 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup coconut or flaked
- ☐ 0.7 cup milk
- ☐ 5 tablespoons peanut butter
- ☐ 10 ounce saltines crushed
- ☐ 2 cups sugar white

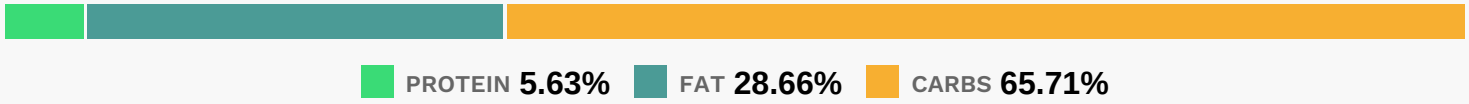
Equipment

- ☐ sauce pan

Directions

- ☐
- Combine sugar and milk in a saucepan; bring to a boil, stirring constantly, for 3 minutes.
- ☐
- Remove from heat; stir in crackers, coconut, and peanut butter until evenly combined. Drop spoonfuls of mixture onto waxed paper. Cool completely.

Nutrition Facts



Properties

Glycemic Index:2.03, Glycemic Load:4.73, Inflammation Score:-1, Nutrition Score:1.2539130480879%

Nutrients (% of daily need)

Calories: 64.35kcal (3.22%), Fat: 2.11g (3.25%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.47g (3.81%), Sugar: 7.09g (7.88%), Cholesterol: 0.33mg (0.11%), Sodium: 51.8mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Manganese: 0.1mg (4.92%), Vitamin B1: 0.04mg (2.49%), Vitamin B3: 0.49mg (2.47%), Folate: 7.61µg (1.9%), Vitamin B2: 0.03mg (1.88%), Iron: 0.34mg (1.87%), Fiber: 0.43g (1.71%), Phosphorus: 15mg (1.5%), Selenium: 0.89µg (1.28%), Magnesium: 4.94mg (1.24%), Vitamin E: 0.18mg (1.22%), Copper: 0.02mg (1.2%), Vitamin K: 1.22µg (1.16%)