



Peanut Butter Nuggets



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

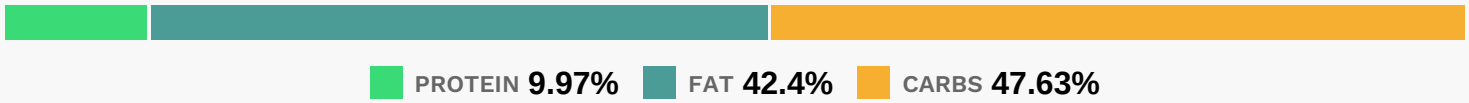
- ☐ 0.5 cup coconut or shredded
- ☐ 0.7 cup cornflakes cereal crushed
- ☐ 0.5 cup creamy peanut butter
- ☐ 2 tablespoons honey

Equipment

Directions

- ☐
- Mix 1/2 cup corn flakes, coconut, peanut butter and honey together.
- ☐
- Shape into small balls and roll them in the remaining cornflakes. These cookies can be put in the fridge to firm up. They also freeze well.

Nutrition Facts



Properties

Glycemic Index:3.18, Glycemic Load:0.89, Inflammation Score:-2, Nutrition Score:3.6604347742446%

Nutrients (% of daily need)

Calories: 66.77kcal (3.34%), Fat: 3.33g (5.12%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 7.79g (2.83%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 71.37mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Iron: 2.04mg (11.33%), Vitamin B3: 1.9mg (9.51%), Folate: 28.55µg (7.14%), Vitamin B6: 0.14mg (7.14%), Vitamin B2: 0.11mg (6.54%), Vitamin B1: 0.1mg (6.44%), Manganese: 0.12mg (5.81%), Vitamin B12: 0.33µg (5.48%), Vitamin E: 0.5mg (3.34%), Magnesium: 12.22mg (3.05%), Phosphorus: 26.88mg (2.69%), Fiber: 0.63g (2.51%), Vitamin A: 117.37IU (2.35%), Copper: 0.04mg (2.17%), Vitamin C: 1.44mg (1.75%), Vitamin D: 0.24µg (1.58%), Zinc: 0.22mg (1.5%), Potassium: 48.2mg (1.38%), Selenium: 0.95µg (1.35%)