



Peanut Butter-Pretzel Bonbons

READY IN



75 min.

SERVINGS



36

CALORIES



96 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 12 ounce melting wafers dark ghirardelli®
- ☐ 4 ounces cream cheese
- ☐ 1 cup creamy peanut butter
- ☐ 1 cup powdered sugar
- ☐ 1 cup pretzels crushed

Equipment

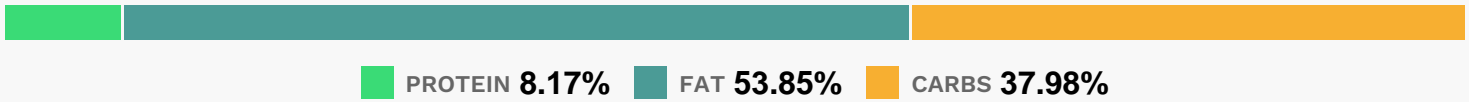
- ☐ bowl
- ☐ baking sheet

☐ microwave

Directions

- ☐ Line a baking sheet or tray with waxed paper. In a large microwave-safe bowl, combine peanut butter and cream cheese. Microwave, uncovered, on high (100% power) for 30 seconds or until mixture is slightly softened, stirring once. Stir in powdered sugar and pretzels. Shape the peanut butter mixture into 1-inch balls.
- ☐ Place balls on the prepared baking sheet. Cover and freeze for 15 minutes or until firm.
- ☐ Place Ghirardelli® Dark Melting Wafers in a microwave-safe container. Microwave at half power or defrost setting for 30 seconds. Stir thoroughly (product keeps its original shape until stirred). If not completely melted, continue to microwave at 15 second intervals and stir until smooth. Overheating will cause wafers to burn.
- ☐ Using a fork, dip balls into melted mixture, allowing excess to drip back into bowl.
- ☐ Place dipped balls back on baking sheet. Chill for 30 minutes or until firm.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:1.64, Inflammation Score:-1, Nutrition Score:1.8026086793322%

Nutrients (% of daily need)

Calories: 96.1kcal (4.8%), Fat: 5.94g (9.15%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 9.02g (3.28%), Sugar: 6.73g (7.48%), Cholesterol: 3.18mg (1.06%), Sodium: 72.51mg (3.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Manganese: 0.13mg (6.31%), Vitamin B3: 1.07mg (5.37%), Vitamin E: 0.69mg (4.6%), Magnesium: 13.04mg (3.26%), Phosphorus: 30.51mg (3.05%), Folate: 10.47µg (2.62%), Vitamin B6: 0.04mg (1.76%), Copper: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.7%), Fiber: 0.42g (1.68%), Zinc: 0.22mg (1.47%), Potassium: 49.6mg (1.42%), Vitamin B1: 0.02mg (1.34%), Iron: 0.23mg (1.28%), Vitamin B5: 0.1mg (1.01%)