



Peanut Butter Reindeer Treats

 Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



230 kcal

Ingredients

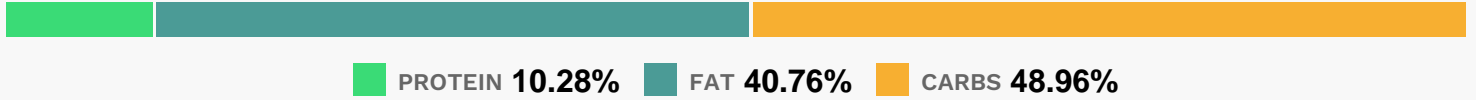
- 2 Tbsp creamy peanut butter
- 3 maraschino cherries halved
- 6 pretzel twists halved
- 12 raisins
- 6 ritz crackers

Equipment

Directions

- Spread crackers with peanut butter for "reindeers' heads."
- Add raisins for "eyes," cherry halves for "noses" and pretzel twist pieces for "antlers."

Nutrition Facts



Properties

Glycemic Index:77.9, Glycemic Load:13.16, Inflammation Score:-3, Nutrition Score:6.6830434361878%

Nutrients (% of daily need)

Calories: 230.18kcal (11.51%), Fat: 10.82g (16.65%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 27.23g (9.9%), Sugar: 5.72g (6.36%), Cholesterol: 0mg (0%), Sodium: 372.36mg (16.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.29%), Manganese: 0.46mg (23%), Vitamin B3: 3.55mg (17.75%), Folate: 52.91µg (13.23%), Vitamin E: 1.86mg (12.4%), Phosphorus: 104.32mg (10.43%), Vitamin B1: 0.14mg (9.44%), Iron: 1.61mg (8.96%), Magnesium: 35.17mg (8.79%), Fiber: 2.03g (8.12%), Vitamin B2: 0.12mg (7.04%), Copper: 0.13mg (6.31%), Vitamin K: 5.16µg (4.92%), Vitamin B6: 0.1mg (4.79%), Potassium: 167.41mg (4.78%), Zinc: 0.67mg (4.49%), Calcium: 31.45mg (3.14%), Selenium: 1.89µg (2.71%), Vitamin B5: 0.27mg (2.69%)