



Peanut Butter Sauce

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



262 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 teaspoons plus light
- ☐ 0.3 cup creamy peanut butter made with usa-grown peanuts
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup milk
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

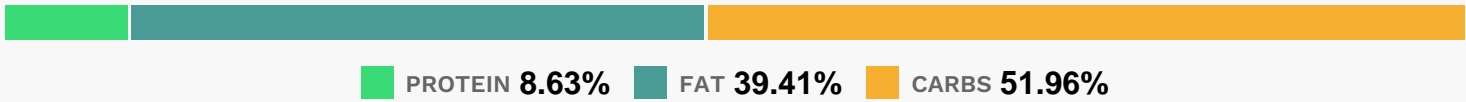
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients in a small saucepan. Cook over medium heat, whisking constantly, 3 minutes or until sugar is dissolved. Bring to a boil. Reduce heat to low, and cook, whisking constantly, 3 to 4 minutes or until mixture is thickened.
- ☐ Remove from heat, and whisk in peanut butter and vanilla.
- ☐ Serve immediately.
- ☐ Note: To make ahead, prepare recipe as directed. Cover and chill up to 24 hours. Warm sauce in a small saucepan over low heat, stirring in 1 to 2 teaspoons milk as needed to thin sauce.

Nutrition Facts



Properties

Glycemic Index:54.02, Glycemic Load:19.8, Inflammation Score:-2, Nutrition Score:5.3530434797639%

Nutrients (% of daily need)

Calories: 262.14kcal (13.11%), Fat: 12.06g (18.56%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 34.73g (12.63%), Sugar: 32.58g (36.2%), Cholesterol: 3.66mg (1.22%), Sodium: 179.91mg (7.82%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 5.94g (11.88%), Manganese: 0.33mg (16.28%), Vitamin B3: 2.95mg (14.76%), Vitamin E: 1.97mg (13.16%), Phosphorus: 104.8mg (10.48%), Magnesium: 40.33mg (10.08%), Vitamin B6: 0.11mg (5.73%), Vitamin B2: 0.09mg (5.49%), Folate: 20.32µg (5.08%), Calcium: 49.2mg (4.92%), Potassium: 169.38mg (4.84%), Copper: 0.09mg (4.71%), Zinc: 0.7mg (4.69%), Fiber: 1.06g (4.24%), Vitamin B1: 0.06mg (3.84%), Vitamin B5: 0.35mg (3.46%), Selenium: 1.99µg (2.84%), Vitamin B12: 0.16µg (2.74%), Iron: 0.43mg (2.4%), Vitamin D: 0.34µg (2.24%)