



Peanut Butter Sesame Seed Balls

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



213 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.7 cup crunchy peanut butter
- 0.5 teaspoon ground cinnamon
- 3 tablespoons ground flax seed
- 0.5 cup honey
- 0.3 cup oats
- 0.3 teaspoon salt
- 0.5 cup sesame seed
- 1 cup flour whole wheat

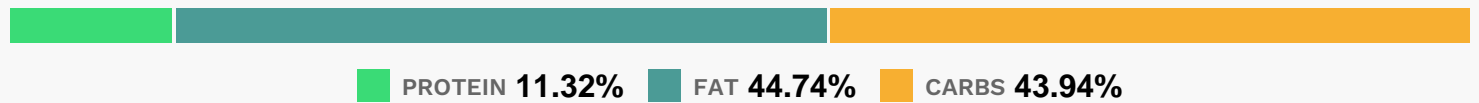
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk flour, oats, ground flax seed, cinnamon, and salt together in a bowl; add peanut butter and honey and mix until thoroughly combined. Shape mixture into teaspoon-size balls.
- Pour about 1/2 the sesame seeds into a large frying pan and cook over low heat, stirring or shaking the pan every minute until fragrant and toasted, 3 to 5 minutes.
- Transfer toasted seeds to a bowl and toast remaining sesame seeds.
- Spread toasted seeds into a wide, shallow bowl.
- Roll peanut butter balls in the toasted sesame seeds to evenly coat.

Nutrition Facts



Properties

Glycemic Index:13.69, Glycemic Load:6.72, Inflammation Score:-3, Nutrition Score:9.2721739543359%

Nutrients (% of daily need)

Calories: 213.13kcal (10.66%), Fat: 11.36g (17.48%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 21.43g (7.79%), Sugar: 12.91g (14.34%), Cholesterol: 0mg (0%), Sodium: 120.19mg (5.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.93%), Manganese: 0.95mg (47.46%), Copper: 0.41mg (20.62%), Magnesium: 68.1mg (17.02%), Selenium: 10.55µg (15.08%), Fiber: 3.67g (14.7%), Vitamin B3: 2.83mg (14.16%), Phosphorus: 139.51mg (13.95%), Vitamin B1: 0.15mg (10.09%), Iron: 1.78mg (9.89%), Zinc: 1.31mg (8.76%), Vitamin B6: 0.16mg (8.17%), Calcium: 77.84mg (7.78%), Vitamin E: 1mg (6.69%), Folate: 26µg (6.5%), Potassium: 200.39mg (5.73%), Vitamin B2: 0.06mg (3.45%), Vitamin B5: 0.27mg (2.7%)