



Peanut Butter Spread



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



128 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup creamy peanut butter
- ☐ 1 tablespoon milk fat-free
- ☐ 0.3 cup powdered sugar
- ☐ 0.3 teaspoon vanilla extract

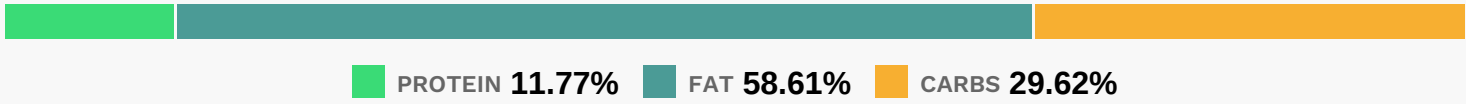
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐
- Stir together peanut butter, powdered sugar, milk, and vanilla in a microwave-safe bowl. Microwave at HIGH at 30-second intervals until softened; stir until smooth.
- ☐
- Note: We tested with Jif Creamy Peanut Butter.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:3.4426086899703%

Nutrients (% of daily need)

Calories: 127.62kcal (6.38%), Fat: 8.79g (13.53%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.17g (3.33%), Sugar: 7.85g (8.72%), Cholesterol: 0.09mg (0.03%), Sodium: 75.16mg (3.27%), Alcohol: 0.07g (100%), Alcohol %: 0.33% (100%), Protein: 3.97g (7.95%), Manganese: 0.25mg (12.65%), Vitamin B3: 2.29mg (11.46%), Vitamin E: 1.57mg (10.45%), Magnesium: 29.45mg (7.36%), Phosphorus: 61.53mg (6.15%), Vitamin B6: 0.08mg (3.91%), Folate: 14.85µg (3.71%), Copper: 0.07mg (3.64%), Fiber: 0.83g (3.3%), Zinc: 0.45mg (3.01%), Potassium: 102.43mg (2.93%), Vitamin B2: 0.04mg (2.24%), Vitamin B5: 0.19mg (1.93%), Vitamin B1: 0.03mg (1.7%), Iron: 0.3mg (1.67%), Calcium: 12.47mg (1.25%), Selenium: 0.8µg (1.14%)