



Peanut Butter Streusel Topping

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



93 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons creamy peanut butter
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup peanuts salted chopped

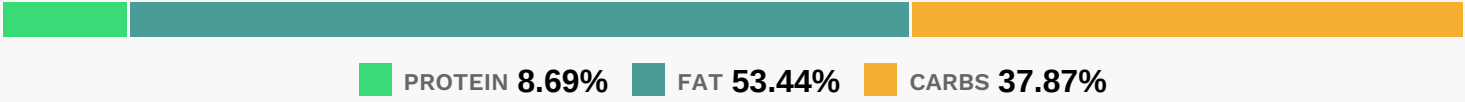
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐
- Stir together flour and brown sugar in a bowl.
- ☐
- Cut in butter and peanut butter with pastry blender or fork until mixture resembles small peas. Stir in peanuts.

Nutrition Facts



Properties

Glycemic Index:13.9, Glycemic Load:1.8, Inflammation Score:-1, Nutrition Score:2.0130434826664%

Nutrients (% of daily need)

Calories: 92.59kcal (4.63%), Fat: 5.73g (8.81%), Saturated Fat: 2.04g (12.77%), Carbohydrates: 9.13g (3.04%), Net Carbohydrates: 8.57g (3.12%), Sugar: 5.68g (6.31%), Cholesterol: 6.02mg (2.01%), Sodium: 49.14mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.19%), Manganese: 0.16mg (7.89%), Vitamin B3: 1.16mg (5.81%), Folate: 13.21µg (3.3%), Magnesium: 12.78mg (3.19%), Phosphorus: 29.24mg (2.92%), Vitamin B1: 0.04mg (2.71%), Vitamin E: 0.36mg (2.39%), Fiber: 0.56g (2.25%), Copper: 0.04mg (2.23%), Selenium: 1.56µg (2.23%), Iron: 0.32mg (1.8%), Potassium: 57.7mg (1.65%), Vitamin B2: 0.03mg (1.51%), Vitamin A: 69.97IU (1.4%), Vitamin B6: 0.03mg (1.36%), Zinc: 0.18mg (1.2%), Calcium: 10.92mg (1.09%), Vitamin B5: 0.11mg (1.09%)