



WHATSheATE



Peanut Butter Truffles



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



3295 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 3 tablespoons creamy peanut butter
- ☐ 0.8 cup roasted peanuts salted finely chopped
- ☐ 12 oz semi chocolate chips
- ☐ 0.5 cup whipping cream

Equipment

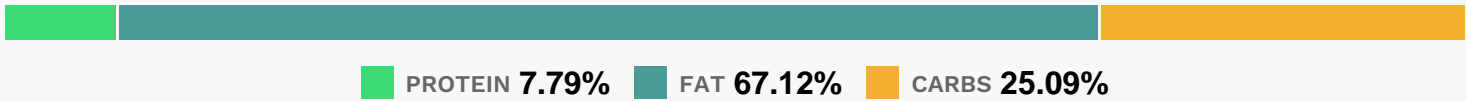
- ☐ bowl
- ☐ baking sheet
- ☐ hand mixer

- ☐ wax paper
- ☐ microwave

Directions

- ☐ Microwave first 3 ingredients in a medium-size microwave-safe bowl at HIGH 1 to 1 1/2 minutes or until melted and smooth, stirring at 30-second intervals.
- ☐ Let cool 10 minutes.
- ☐ Beat chocolate mixture at medium speed with an electric mixer 1 to 2 minutes or until whipped and smooth. Cover and chill 2 hours or until firm.
- ☐ Shape chocolate mixture into 1-inch balls, using a small ice-cream scoop.
- ☐ Roll in chopped peanuts. (If chocolate mixture becomes too soft to shape, refrigerate until firm.)
- ☐ Place on wax paper-lined baking sheets. Chill 1 hour before serving. Store truffles in an airtight container in refrigerator up to 5 days.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:56.625652525736%

Nutrients (% of daily need)

Calories: 3294.89kcal (164.74%), Fat: 251.51g (386.94%), Saturated Fat: 115.44g (721.49%), Carbohydrates: 211.52g (70.51%), Net Carbohydrates: 172.26g (62.64%), Sugar: 133.4g (148.22%), Cholesterol: 154.88mg (51.63%), Sodium: 746.2mg (32.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 292.57mg (97.52%), Protein: 65.67g (131.34%), Manganese: 7.79mg (389.56%), Copper: 5.18mg (259.21%), Magnesium: 872.15mg (218.04%), Fiber: 39.26g (157.06%), Phosphorus: 1540.01mg (154%), Iron: 24.95mg (138.59%), Vitamin B3: 25.66mg (128.31%), Potassium: 3162.39mg (90.35%), Zinc: 12.71mg (84.73%), Selenium: 42.33µg (60.47%), Vitamin E: 7.47mg (49.83%), Folate: 184.01µg (46%), Calcium: 422.48mg (42.25%), Vitamin A: 1919.4IU (38.39%), Vitamin B1: 0.55mg (36.4%), Vitamin B2: 0.58mg (33.83%), Vitamin B5: 3.36mg (33.57%), Vitamin B6: 0.65mg (32.54%), Vitamin K: 28.45µg (27.09%), Vitamin B12: 0.8µg (13.38%), Vitamin D: 1.9µg (12.69%)