



Peanut Clusters



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



36

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce peanut butter chips
- ☐ 12 ounces peanuts raw spanish
- ☐ 12 ounce semi-sweet chocolate chips

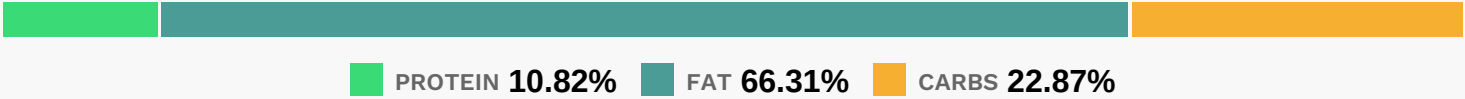
Equipment

- ☐ double boiler
- ☐ wax paper

Directions

- ☐ Combine chocolate chips and peanut butter chips in top of double boiler. Stir frequently over low to medium heat until melted; add peanuts and stir.
- ☐ Drop by teaspoon full on wax paper. Allow to cool.

Nutrition Facts



Properties

Glycemic Index:0.4, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:3.914782575939%

Nutrients (% of daily need)

Calories: 108.58kcal (5.43%), Fat: 8.31g (12.78%), Saturated Fat: 2.8g (17.53%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 4.79g (1.74%), Sugar: 3.47g (3.85%), Cholesterol: 0.57mg (0.19%), Sodium: 3.02mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.05g (6.1%), Manganese: 0.37mg (18.73%), Copper: 0.2mg (10.15%), Magnesium: 34.4mg (8.6%), Vitamin B3: 1.58mg (7.92%), Fiber: 1.65g (6.61%), Phosphorus: 61.24mg (6.12%), Folate: 22.68µg (5.67%), Iron: 0.97mg (5.37%), Vitamin B1: 0.07mg (4.45%), Potassium: 123.89mg (3.54%), Zinc: 0.45mg (3.01%), Selenium: 1.47µg (2.11%), Vitamin B5: 0.2mg (1.96%), Vitamin B6: 0.04mg (1.8%), Calcium: 15.88mg (1.59%), Vitamin B2: 0.02mg (1.02%)