



Peanut Crunch Balls

READY IN



330 min.

SERVINGS



48

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 stick butter melted
- 3 cups confectioners' sugar
- 3 cups crisped rice cereal
- 2 cups ghirardelli milk chocolate chips
- 2 cups peanut butter
- 2 teaspoons karo syrup (clear)
- 2 cups ghirardelli semi-sweet chips
- 2 tablespoons vegetable oil

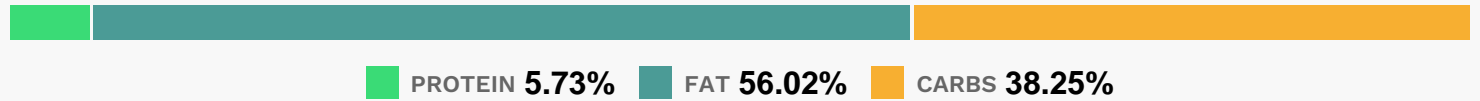
Equipment

- bowl
- baking sheet
- double boiler
- wax paper

Directions

- In a large bowl, mix melted butter, peanut butter, crisped rice cereal, sugar and karo syrup. Line cookie sheets with wax paper. Scoop and roll into 1-inch balls and refrigerate for at least 4 hours. Melt chocolate in double boiler, adding 1/2 teaspoon of vegetable oil at a time, until dipping consistency. Dip balls in melted chocolate and place back on wax paper lined cookie sheet and refrigerate until chocolate is set.
- Optional: sprinkle tops of candy with crushed peanuts after dipping in chocolate and before refrigerating.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:3.5104347739531%

Nutrients (% of daily need)

Calories: 201.73kcal (10.09%), Fat: 13g (19.99%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 18.84g (6.85%), Sugar: 15.75g (17.5%), Cholesterol: 5.51mg (1.84%), Sodium: 62.51mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.99g (5.98%), Manganese: 0.26mg (12.86%), Magnesium: 31.76mg (7.94%), Vitamin B3: 1.53mg (7.67%), Vitamin E: 1.13mg (7.5%), Copper: 0.14mg (7.1%), Phosphorus: 57.88mg (5.79%), Fiber: 1.13g (4.53%), Iron: 0.7mg (3.88%), Potassium: 126.65mg (3.62%), Zinc: 0.49mg (3.25%), Folate: 11.11µg (2.78%), Vitamin B6: 0.05mg (2.52%), Selenium: 1.26µg (1.8%), Vitamin B2: 0.03mg (1.74%), Vitamin K: 1.78µg (1.7%), Calcium: 16.3mg (1.63%), Vitamin B1: 0.02mg (1.5%), Vitamin B5: 0.14mg (1.39%), Vitamin A: 62.58IU (1.25%)