



Peanutty Topping

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



259 kcal

SIDE DISH

Ingredients

- 1 cup creamy peanut butter
- 0.5 cup flour all-purpose
- 0.3 cup peanuts chopped
- 1 cup powdered sugar
- 0.5 cup quick-cooking oats uncooked
- 0.5 teaspoon salt

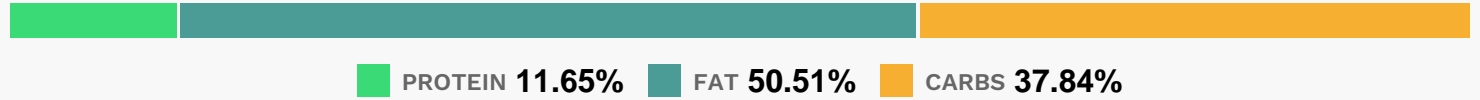
Equipment

- bowl

Directions

- Stir together powdered sugar and next 5 ingredients in a medium bowl until thoroughly blended.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:5.66, Inflammation Score:-4, Nutrition Score:7.8382607944634%

Nutrients (% of daily need)

Calories: 259.3kcal (12.97%), Fat: 15.33g (23.59%), Saturated Fat: 2.94g (18.37%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 23.71g (8.62%), Sugar: 14.52g (16.13%), Cholesterol: 0mg (0%), Sodium: 228.25mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.92%), Manganese: 0.69mg (34.62%), Vitamin B3: 4.41mg (22.07%), Vitamin E: 2.38mg (15.88%), Magnesium: 62.79mg (15.7%), Phosphorus: 126.94mg (12.69%), Folate: 43.68µg (10.92%), Vitamin B1: 0.13mg (8.75%), Fiber: 2.13g (8.54%), Copper: 0.17mg (8.31%), Selenium: 4.89µg (6.99%), Vitamin B6: 0.13mg (6.7%), Zinc: 0.91mg (6.05%), Iron: 1.08mg (5.97%), Potassium: 194.13mg (5.55%), Vitamin B2: 0.09mg (5.43%), Vitamin B5: 0.39mg (3.94%), Calcium: 19.55mg (1.95%)