



## PMS Cookies

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**25 min.**

SERVINGS



**96**

CALORIES



**78 kcal**

DESSERT

### Ingredients

- 2.5 cups dry-roasted peanuts
- 2 cups peanut butter chips
- 8 ounce potato chips plain salted
- 4 cups semi chocolate chips

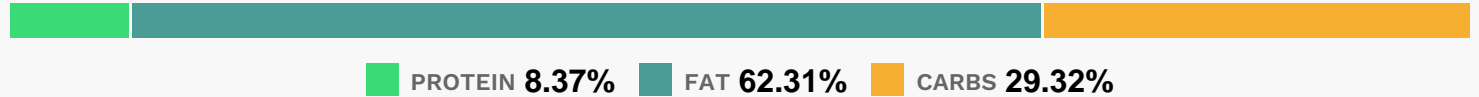
### Equipment

- bowl
- microwave

## Directions

- In a large microwave-safe bowl, melt chocolate and peanut butter chips for about 3 minutes on high. Stir every 30 seconds after the first minute until chips are melted and smooth. Slightly crush the potato chips before stirring into the mixture along with the peanuts. Drop by spoonfuls onto waxed paper and let stand until chocolate is set, about 15 minutes. Store at room temperature or in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.3382608449977%

## Nutrients (% of daily need)

Calories: 78.01kcal (3.9%), Fat: 5.54g (8.52%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 4.85g (1.77%), Sugar: 2.76g (3.07%), Cholesterol: 0.45mg (0.15%), Sodium: 29.66mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.45mg (2.15%), Protein: 1.67g (3.35%), Manganese: 0.2mg (10.23%), Copper: 0.12mg (6.21%), Magnesium: 21.08mg (5.27%), Fiber: 1.01g (4.05%), Phosphorus: 37.83mg (3.78%), Vitamin B3: 0.74mg (3.72%), Iron: 0.59mg (3.28%), Potassium: 100.38mg (2.87%), Zinc: 0.3mg (2%), Vitamin E: 0.29mg (1.93%), Vitamin B5: 0.18mg (1.78%), Selenium: 0.97µg (1.39%), Folate: 5.48µg (1.37%), Vitamin B1: 0.02mg (1.3%), Vitamin B6: 0.02mg (1.24%), Vitamin K: 1.06µg (1.01%)