

# Potato Candy

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1900 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

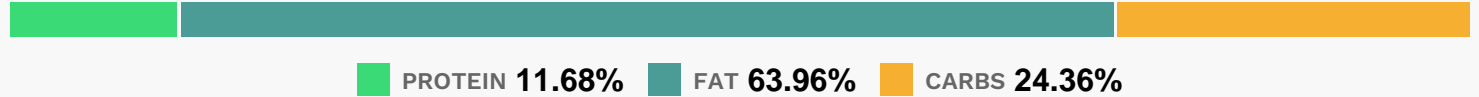
- 1 tablespoon butter
- 0.5 cup powdered sugar
- 1 teaspoon milk
- 1 cup peanut butter
- 2 tablespoons potatoes cooked mashed

## Equipment

## Directions

- Mix together potatoes, butter or margarine, and milk.
- Add enough confectioners' sugar to make a stiff dough.
- Roll out on a flat surface sprinkled with powdered sugar.
- Spread on a layer of peanut butter and roll up. Chill and slice.

## Nutrition Facts



## Properties

Glycemic Index:185.75, Glycemic Load:10.2, Inflammation Score:-9, Nutrition Score:41.989565144414%

## Flavonoids

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 1899.81kcal (94.99%), Fat: 143.38g (220.58%), Saturated Fat: 33.35g (208.47%), Carbohydrates: 122.82g (40.94%), Net Carbohydrates: 109.79g (39.92%), Sugar: 86.25g (95.83%), Cholesterol: 30.7mg (10.23%), Sodium: 1201.71mg (52.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.93g (117.86%), Manganese: 3.83mg (191.51%), Vitamin B3: 34.64mg (173.18%), Vitamin E: 23.83mg (158.89%), Magnesium: 443.7mg (110.93%), Phosphorus: 899.89mg (89.99%), Vitamin B6: 1.24mg (61.81%), Folate: 227.03µg (56.76%), Copper: 1.12mg (55.99%), Fiber: 13.03g (52.14%), Potassium: 1591.68mg (45.48%), Zinc: 6.68mg (44.52%), Vitamin B2: 0.53mg (30.9%), Vitamin B5: 2.86mg (28.56%), Iron: 4.73mg (26.29%), Vitamin B1: 0.38mg (25.55%), Selenium: 11.26µg (16.09%), Calcium: 140.08mg (14.01%), Vitamin A: 358.55IU (7.17%), Vitamin C: 5.83mg (7.06%), Vitamin K: 2.33µg (2.22%)