



Potato Candy from Ohio



Vegetarian



Gluten Free



Low Fod Map

READY IN



170 min.

SERVINGS



24

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons butter
- 2 pound confectioners' sugar
- 3 tablespoons confectioners' sugar or as needed
- 18 ounce creamy peanut butter
- 0.5 cup potatoes (with butter, salt, and milk) leftover prepared mashed
- 1 tablespoon vanilla extract

Equipment

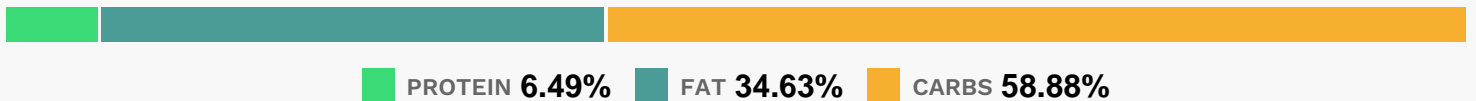
- bowl

- microwave
- rolling pin

Directions

- Combine confectioners' sugar, mashed potatoes, butter, and vanilla extract in a large bowl until a thick dough forms. Refrigerate dough until chilled, about 30 minutes. Stir extra confectioners' sugar into dough if too moist.
- Spread a large sheet of waxed paper on the counter.
- Sprinkle with confectioners' sugar.
- Dust rolling pin with confectioners' sugar.
- Roll chilled dough on prepared waxed paper into a 1/4-inch thick rectangle.
- Spoon peanut butter into a microwave-safe bowl.
- Heat in microwave on High until slightly softened, 20 to 30 seconds.
- Spread softened peanut butter onto dough.
- Roll dough, starting from long end, into a jelly roll shape.
- Wrap the roll in waxed paper and refrigerate until firm, about 2 hours. Slice into 1/4-inch slices.

Nutrition Facts



Properties

Glycemic Index:6.16, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:4.4252173863351%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 289.07kcal (14.45%), Fat: 11.58g (17.81%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 44.3g (14.77%), Net Carbohydrates: 43.18g (15.7%), Sugar: 40.28g (44.76%), Cholesterol: 1.88mg (0.63%), Sodium: 97.93mg (4.26%), Alcohol: 0.19g (100%), Alcohol %: 0.36% (100%), Protein: 4.88g (9.76%), Manganese: 0.32mg (16.06%), Vitamin B3: 2.88mg (14.38%), Vitamin E: 1.96mg (13.05%), Magnesium: 37.02mg (9.26%), Phosphorus: 74.81mg (7.48%), Vitamin

B6: 0.11mg (5.37%), Copper: 0.1mg (4.86%), Folate: 19.01µg (4.75%), Fiber: 1.12g (4.47%), Potassium: 140.12mg (4%), Zinc: 0.56mg (3.72%), Vitamin B2: 0.05mg (2.95%), Vitamin B5: 0.24mg (2.39%), Iron: 0.43mg (2.37%), Vitamin B1: 0.03mg (2.2%), Selenium: 1.13µg (1.61%), Calcium: 11.6mg (1.16%), Vitamin C: 0.86mg (1.04%)