



Rocky Road-Peanut Butter Candy Cups

READY IN



45 min.

SERVINGS



36

CALORIES



73 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons creamy peanut butter
- ☐ 1 cup rice cereal crispy
- ☐ 1 cup marshmallows miniature
- ☐ 11 oz milk chocolate chips
- ☐ 0.8 cup roasted peanuts unsalted chopped

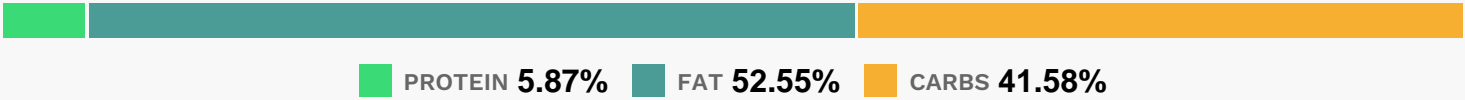
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Microwave peanut butter and milk chocolate chips in a large glass bowl on high for one to 2 minutes or until melted, stirring every 30 seconds. Stir in peanut butter until well blended.
- ☐ Stir in rice cereal, miniature marshmallows and chopped peanuts. Spoon mixture by heaping tablespoonfuls evenly into miniature paper candy cups. Chill one hour or until firm.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:0.93260868865511%

Nutrients (% of daily need)

Calories: 72.63kcal (3.63%), Fat: 4.43g (6.81%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 7.56g (2.75%), Sugar: 5.84g (6.49%), Cholesterol: 0mg (0%), Sodium: 18.12mg (0.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Manganese: 0.08mg (4.24%), Vitamin B3: 0.59mg (2.96%), Magnesium: 6.8mg (1.7%), Phosphorus: 15.51mg (1.55%), Potassium: 54.04mg (1.54%), Folate: 5.41µg (1.35%), Copper: 0.03mg (1.32%), Fiber: 0.32g (1.29%)