



Sugar Free Peanut Butter Balls

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

54

CALORIES

calories

55 kcal

DESSERT

Ingredients

- ☐ 1 egg white
- ☐ 2 cups flour all-purpose
- ☐ 1 cup butter
- ☐ 0.5 cup peanuts chopped
- ☐ 2 tablespoons granulated artificial sweetener
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons water

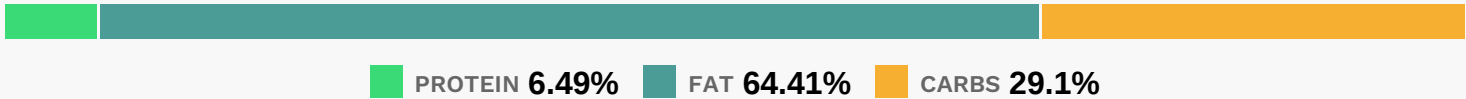
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Beat margarine and sugar till fluffy.
- ☐ Add vanilla, water, and flour, mixing well. Refrigerate 1 hour.
- ☐ Form into 1 inch balls, dip into beaten egg white and roll into peanuts.
- ☐ Place on ungreased cookie sheets.
- ☐ Bake 10 to 12 minutes. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:1.65, Glycemic Load:2.57, Inflammation Score:-2, Nutrition Score:1.2047826040374%

Nutrients (% of daily need)

Calories: 55.28kcal (2.76%), Fat: 4.1g (6.31%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.64g (1.32%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 40.99mg (1.78%), Alcohol: 0.03g (100%), Alcohol %: 0.28% (100%), Protein: 0.93g (1.86%), Manganese: 0.07mg (3.37%), Vitamin B1: 0.05mg (3.06%), Vitamin A: 150.37IU (3.01%), Folate: 11.78µg (2.95%), Selenium: 1.78µg (2.54%), Vitamin B3: 0.49mg (2.45%), Vitamin B2: 0.03mg (1.69%), Iron: 0.27mg (1.49%), Phosphorus: 11.3mg (1.13%), Fiber: 0.25g (1.01%)