



Healthdor

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Reeses ^{••}

A delicious chocolate and peanut butter treat loved by many.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: N/A

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	Peanut Butter
200 g	powdered sugar
100 g	Butter
300 g	chocolate chips

Directions

Step 1

Mixing

In a bowl, mix together peanut butter, powdered sugar, and butter until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Roll the mixture into small balls and place them on a baking sheet lined with parchment paper.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Refrigerating

Place the baking sheet in the refrigerator and chill the balls for about 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Microwaving

In a microwave-safe bowl, melt the chocolate chips in the microwave in 30-second intervals, stirring after each interval, until smooth.

Prep Time: 5 mins

Cook Time: 2 mins

Step 5

Dip each chilled peanut butter ball into the melted chocolate, coating it completely. Place the coated ball back on the baking sheet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Refrigerating

Place the baking sheet back in the refrigerator and chill the coated balls for about 10 minutes until the chocolate hardens.

Prep Time: 10 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 18 g

Protein: 5 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	8 g	36.36%	47.06%
Fat	18 g	64.29%	72%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	150 mg	4.41%	5.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Cuisines

Italian Chinese

Meal Type

Snack Supper

Difficulty Level

Easy

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