

# Peanut Butter Balls

Florence Hoot

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

1 box powdered 10X sugar  
 1 cup creamy peanut butter  
 1 stick margarine, melted  
 8 ounces coconut  
 1/2 cup chopped nuts  
 1 cup chopped dates  
 1 package chocolate chips  
 1/2 bar paraffin wax

In a bowl, mix together the powdered sugar and peanut butter until it crumbles.

Add the margarine, coconut, nuts and dates. Blend well. Roll into balls.

In a saucepan, melt together the chocolate chips and paraffin wax.

Dip the balls into the melted mixture with a toothpick and let cool on wax paper.

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Per Serving (excluding unknown items): 3611 Calories; 274g Fat (63.3% calories from fat); 33g Protein; 324g Carbohydrate; 54g Dietary Fiber; 0mg Cholesterol; 1149mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 11 Fruit; 53 1/2 Fat; 9 1/2 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	3611	Vitamin B6 (mg):	.7mg
% Calories from Fat:	63.3%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	33.2%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	3.4%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	274g	Folacin (mcg):	149mcg
Saturated Fat (g):	129g	Niacin (mg):	10mg
Monounsaturated Fat (g):	92g	Caffeine (mg):	139mg
Polyunsaturated Fat (g):	40g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	324g	<b>Food Exchanges</b>	
Dietary Fiber (g):	54g	Grain (Starch):	1
Protein (g):	33g	Lean Meat:	1 1/2

**Sodium (mg):** 1149mg  
**Potassium (mg):** 3246mg  
**Calcium (mg):** 271mg  
**Iron (mg):** 17mg  
**Zinc (mg):** 10mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 4185IU  
**Vitamin A (r.e.):** 917 1/2RE

**Vegetable:** 0  
**Fruit:** 11  
**Non-Fat Milk:** 0  
**Fat:** 53 1/2  
**Other Carbohydrates:** 9 1/2

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## Nutrition Facts

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### Amount Per Serving

**Calories** 3611                      **Calories from Fat:** 2288

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### % Daily Values\*

<b>Total Fat</b> 274g	422%
Saturated Fat 129g	645%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 1149mg	48%
<b>Total Carbohydrates</b> 324g	108%
Dietary Fiber 54g	216%
<b>Protein</b> 33g	
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<b>Vitamin A</b>	84%
<b>Vitamin C</b>	13%
<b>Calcium</b>	27%
<b>Iron</b>	94%

\* Percent Daily Values are based on a 2000 calorie diet.