



BAKER'S ONE BOWL Chocolatey Football Bites

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp butter
- 0.5 cup plus light
- 4 cups cocoa rice cereal sweetened
- 18 servings decorating gel white
- 6 squares baker's semi-sweet chocolate
- 0.5 tsp vanilla

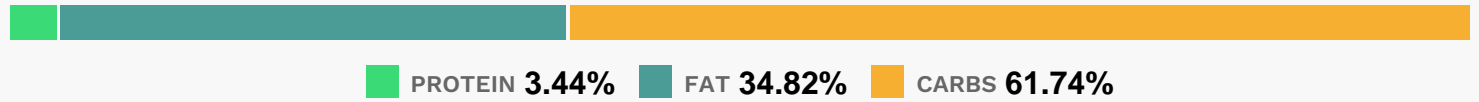
Equipment

- bowl
- wax paper
- microwave

Directions

- Microwave chocolate, corn syrup and butter in large microwaveable bowl on HIGH 2-1/2 min., stirring after 1-1/2 min. Blend in vanilla.
- Add cereal; mix well. Cool 10 min. Shape into 18 (3-inch-long) football shapes with lightly moistened hands.
- Place on large sheet of wax paper; cool completely.
- Use decorating gel to add "lacings" to "footballs."
- Let stand until gel is firm.

Nutrition Facts



Properties

Glycemic Index:1.06, Glycemic Load:1.38, Inflammation Score:-3, Nutrition Score:4.9452174228171%

Nutrients (% of daily need)

Calories: 109.27kcal (5.46%), Fat: 4.33g (6.67%), Saturated Fat: 2.22g (13.85%), Carbohydrates: 17.3g (5.76%), Net Carbohydrates: 16.43g (5.97%), Sugar: 11.2g (12.44%), Cholesterol: 0.56mg (0.19%), Sodium: 62.69mg (2.73%), Alcohol: 0.04g (100%), Alcohol %: 0.19% (100%), Caffeine: 8.03mg (2.68%), Protein: 0.96g (1.92%), Manganese: 0.34mg (16.94%), Iron: 2.59mg (14.38%), Folate: 44.47µg (11.12%), Zinc: 1.12mg (7.49%), Copper: 0.13mg (6.61%), Vitamin B1: 0.09mg (6.14%), Vitamin B2: 0.1mg (5.94%), Vitamin B3: 1.19mg (5.94%), Vitamin B12: 0.35µg (5.88%), Vitamin B6: 0.11mg (5.71%), Magnesium: 18.36mg (4.59%), Fiber: 0.87g (3.47%), Phosphorus: 33.33mg (3.33%), Calcium: 29.46mg (2.95%), Selenium: 2.03µg (2.89%), Vitamin A: 143.61IU (2.87%), Potassium: 64.79mg (1.85%), Vitamin C: 1.33mg (1.62%), Vitamin D: 0.22µg (1.48%), Vitamin B5: 0.12mg (1.17%)