



## Bird's Nests II

READY IN



45 min.

SERVINGS



18

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup chocolate-covered peanuts
- 2 cups chow mein noodles
- 2 cups cornflakes cereal crushed
- 1 ounce chocolate white

## Equipment

- bowl
- baking sheet
- double boiler

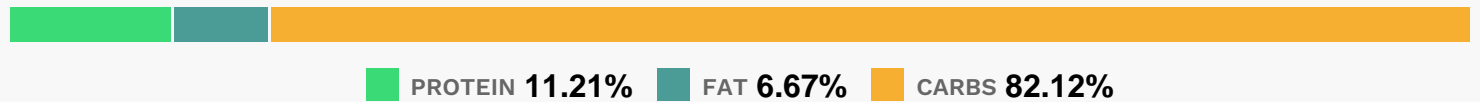
aluminum foil

microwave

## Directions

- Place a sheet of waxed paper or foil on a large cookie sheet. In a large bowl, combine the noodles and the cereal and set aside.
- Melt white chocolate or vanilla candy-coating in a double boiler over hot water (or in the microwave).
- Remove from heat and pour over noodles and cereal.
- To form nests, mound 2 tablespoons of the mixture onto the prepared cookie sheet. With the back of a teaspoon, make an indentation in the center of each mound. Press 3 or 4 candies in the center of each "nest". Allow to set at room temperature until firm.

## Nutrition Facts



## Properties

Glycemic Index:3.89, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:10.531304289465%

## Nutrients (% of daily need)

Calories: 209.22kcal (10.46%), Fat: 1.57g (2.42%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 41.24g (15%), Sugar: 5.97g (6.63%), Cholesterol: 0.43mg (0.14%), Sodium: 358.55mg (15.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.91%), Iron: 8.5mg (47.23%), Vitamin B2: 0.41mg (24.08%), Vitamin B1: 0.36mg (23.74%), Vitamin B6: 0.47mg (23.69%), Vitamin B3: 4.73mg (23.65%), Folate: 94.22µg (23.56%), Vitamin B12: 1.34µg (22.26%), Fiber: 2.38g (9.53%), Vitamin A: 473IU (9.46%), Vitamin C: 5.53mg (6.71%), Vitamin D: 0.95µg (6.31%), Phosphorus: 34.35mg (3.44%), Selenium: 2.34µg (3.34%), Copper: 0.07mg (3.27%), Magnesium: 11.94mg (2.99%), Manganese: 0.06mg (2.81%), Zinc: 0.32mg (2.11%), Potassium: 65.8mg (1.88%)