



Butterscotch Bird Nests

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



161 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounces vanilla "make your own" almond bark
- 0.8 cup blanched almond slivers
- 1 cup butterscotch chips
- 1 cup candy-coated chocolate eggs mini (50)
- 0.8 cup coconut chips unsweetened (often found in the health food aisle)
- 2 cups pretzel sticks

Equipment

- bowl

- frying pan
- baking sheet
- baking paper
- microwave

Directions

- Heat a large, dry saute pan over medium heat.
- Add the almond slivers and toast, shaking the pan every minute, until they are fragrant and begin to darken in areas, 3 to 5 minutes.
- Line two baking sheets with parchment paper. Melt the almond bark in a microwave-safe bowl according to package instructions. Stir in the butterscotch chips. Microwave another 30 seconds, and then stir until smooth.
- Stir in the almonds, pretzels and coconut, coating evenly. Drop the mixture, 1 tablespoon at a time, onto the prepared baking sheets. Nestle in 1 or 2 of the mini eggs. If the mixture starts to cool and become too firm to work with, microwave for 30 seconds and stir gently.
- Let the nests cool at room temperature until solid.

Nutrition Facts



PROTEIN 4.18% **FAT 45.08%** **CARBS 50.74%**

Properties

Glycemic Index:3.1, Glycemic Load:2.41, Inflammation Score:-1, Nutrition Score:1.7921739087805%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 160.55kcal (8.03%), Fat: 8.14g (12.52%), Saturated Fat: 5.56g (34.78%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 19.8g (7.2%), Sugar: 16.12g (17.91%), Cholesterol: 1.52mg (0.51%), Sodium: 78.07mg (3.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.4%), Manganese: 0.15mg (7.75%), Vitamin E: 0.72mg (4.82%), Fiber: 0.81g (3.24%), Vitamin B2: 0.05mg (2.72%), Magnesium: 10.29mg (2.57%), Copper: 0.05mg (2.53%), Calcium: 25.22mg (2.52%), Iron: 0.41mg (2.31%), Phosphorus: 22.2mg (2.22%), Folate: 8.14µg (2.03%), Vitamin B1: 0.02mg (1.55%), Vitamin B3: 0.31mg (1.54%), Zinc: 0.17mg (1.14%), Potassium: 39.83mg (1.14%)