



Candy Cane Chocolate Marshmallows

 Gluten Free

READY IN



75 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 candy canes organic crushed
- 2 ounces chocolate dark
- 24 marshmallows
- 2 ounces chocolate

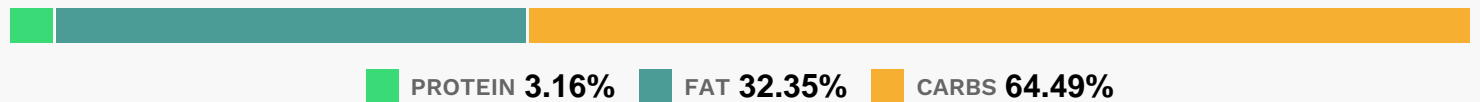
Equipment

- wax paper

Directions

- Crush candy canes (use bottom of a glass, mallet, whatever works)Over double burner (or other concoction where the chocolate doesnt touch the water), melt chocolate
- Dip marshmallow into chocolate, then into crushed candy cane
- Set on wax paper
- Chill for at least an hour or until chocolate hardens
- Store in airtight container
- Enjoy alone or dunk in a mug of hot chocolate.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:4.18, Inflammation Score:-1, Nutrition Score:0.72173913043478%

Taste

Sweetness: 100%, Saltiness: 4%, Sourness: 6.72%, Bitterness: 24.54%, Savoriness: 0.93%, Fattiness: 32.13%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 48.37kcal (2.42%), Fat: 1.83g (2.81%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.81g (2.84%), Sugar: 5.81g (6.46%), Cholesterol: 0.07mg (0.02%), Sodium: 6.45mg (0.28%), Caffeine: 3.45mg (1.15%), Protein: 0.4g (0.8%), Copper: 0.06mg (3.1%), Manganese: 0.06mg (2.91%), Magnesium: 8.2mg (2.05%), Iron: 0.36mg (2.01%), Fiber: 0.39g (1.58%), Phosphorus: 11.31mg (1.13%)