



Caramel-Chocolate Pretzel Rods

READY IN



45 min.

SERVINGS



2

CALORIES



2376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz caramels
- ☐ 0.5 cup evaporated milk
- ☐ 1 optional: 8-oz. pkg. pecans chopped
- ☐ 10 oz pretzel rods
- ☐ 12 oz semi-sweet chocolate chips

Equipment

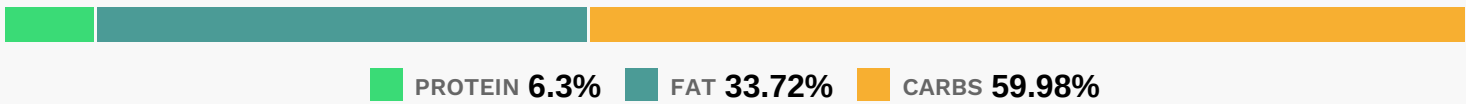
- ☐ baking sheet
- ☐ sauce pan

☐ wax paper

Directions

- ☐ In a medium saucepan, combine caramels and evaporated milk. Cook over medium heat until caramels are melted, stirring constantly. Spoon caramel mixture over pretzel rods, one at a time, leaving about one inch uncovered.
- ☐ Lay pretzels on a wax paper-covered baking sheet, until slightly hardened. Melt chocolate in another saucepan over medium heat, stirring constantly. Carefully pick up caramel-coated pretzels one at a time and spoon melted chocolate over them, leaving a small amount of caramel uncoated. Return pretzels to wax paper-covered baking sheet; sprinkle with pecans, if desired.
- ☐ Let cool completely. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:79, Glycemic Load:189.92, Inflammation Score:-9, Nutrition Score:48.759130909391%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg

Nutrients (% of daily need)

Calories: 2375.74kcal (118.79%), Fat: 90.51g (139.25%), Saturated Fat: 45.87g (286.71%), Carbohydrates: 362.33g (120.78%), Net Carbohydrates: 343.85g (125.04%), Sugar: 201.9g (224.34%), Cholesterol: 42.37mg (14.12%), Sodium: 2327.65mg (101.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 146.28mg (48.76%), Protein: 38.05g (76.1%), Manganese: 3.62mg (181.22%), Copper: 2.4mg (119.79%), Iron: 17.65mg (98.07%), Phosphorus: 979.19mg (97.92%), Magnesium: 389.94mg (97.48%), Vitamin B2: 1.26mg (74.22%), Fiber: 18.48g (73.9%), Folate: 269.65µg (67.41%), Vitamin B1: 0.89mg (59.52%), Calcium: 582.37mg (58.24%), Potassium: 1898.16mg (54.23%), Zinc: 7.36mg (49.08%), Vitamin B3: 9.32mg (46.59%), Selenium: 25.57µg (36.52%), Vitamin B5: 2.63mg (26.26%), Vitamin K: 20.18µg (19.22%), Vitamin E: 2.69mg (17.94%), Vitamin B12: 1µg (16.71%), Vitamin B6: 0.31mg (15.32%), Vitamin A: 319.25IU (6.38%), Vitamin C: 4.97mg (6.03%)