



Cereal Marshmallow Pops

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



79 kcal

DESSERT

Ingredients

- ☐ 12 celery stalks with one pointed end
- ☐ 12 large marshmallows
- ☐ 0.3 cup dulce de leche crushed cookie crisp® (or a combination)
- ☐ 4.6 oz chocolate separated

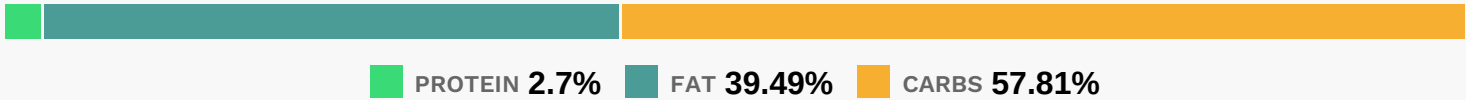
Equipment

- ☐ bowl
- ☐ microwave
- ☐ lollipop sticks

Directions

- ☐ Insert 1 lollipop stick into each marshmallow.
- ☐ Place crushed cereal in small bowl.
- ☐ In small microwavable bowl, microwave chocolate uncovered on High 1 minute, stirring twice, until softened and chocolate can be stirred smooth.
- ☐ Dip each marshmallow halfway into melted chocolate, then roll in cereal.
- ☐ Place on plate; let stand at room temperature until chocolate hardens, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:14.76, Glycemic Load:6.03, Inflammation Score:-1, Nutrition Score:1.1056521787592%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 78.52kcal (3.93%), Fat: 3.78g (5.81%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 11.77g (4.28%), Sugar: 9.74g (10.82%), Cholesterol: 0mg (0%), Sodium: 10.56mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.25mg (2.42%), Protein: 0.58g (1.16%), Copper: 0.07mg (3.56%), Magnesium: 12.99mg (3.25%), Manganese: 0.06mg (2.95%), Fiber: 0.68g (2.7%), Iron: 0.33mg (1.82%), Vitamin K: 1.86µg (1.78%), Phosphorus: 17.67mg (1.77%), Vitamin B2: 0.03mg (1.69%), Potassium: 42.61mg (1.22%), Zinc: 0.17mg (1.15%)