



Choco-Mallow Logs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



150 min.

SERVINGS



30

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 3 cups marshmallows jet-puffed miniature
- 1 cup planters pecans chopped
- 0.3 cup powdered sugar
- 4 oz baker's semi-sweet chocolate (6 oz.)

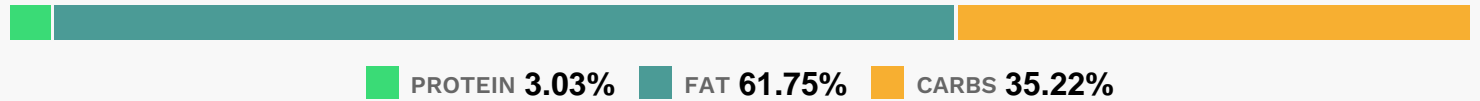
Equipment

- bowl
- microwave

Directions

- Microwave chocolate and butter in large microwaveable bowl on HIGH 2 min. or until butter is melted. Stir until chocolate is completely melted; cool slightly.
- Sprinkle 2 Tbsp. sugar onto large sheet waxed paper.
- Combine marshmallows and nuts in large bowl.
- Add chocolate mixture; toss to coat. Divide mixture in half; place on prepared waxed paper. Shape each half into 8-inch log; sprinkle with remaining sugar.
- Refrigerate 2 hours or until chilled.
- Cut each log into 8 slices.

Nutrition Facts



Properties

Glycemic Index:2.35, Glycemic Load:2.47, Inflammation Score:-1, Nutrition Score:1.4986956380308%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 82.61kcal (4.13%), Fat: 5.86g (9.02%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 6.9g (2.51%), Sugar: 5.38g (5.97%), Cholesterol: 0.23mg (0.08%), Sodium: 28.18mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 0.65g (1.29%), Manganese: 0.2mg (9.95%), Copper: 0.09mg (4.58%), Magnesium: 10.82mg (2.71%), Fiber: 0.62g (2.5%), Phosphorus: 19.95mg (1.99%), Vitamin A: 93.96IU (1.88%), Iron: 0.33mg (1.86%), Zinc: 0.25mg (1.68%), Vitamin B1: 0.02mg (1.55%), Potassium: 36.29mg (1.04%)