



Chocolate Almond Cherry Crisps

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



67 kcal

DESSERT

Ingredients

- ☐ 1.5 cups rice chex (such as Rice Krispies)
- ☐ 0.8 cup cherries dried
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup slivered almonds
- ☐ 0.5 teaspoon vanilla
- ☐ 0.8 cup chocolate chips white

Equipment

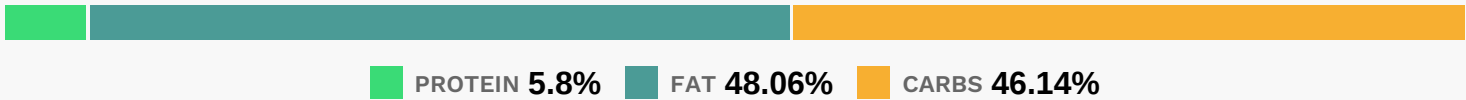
- ☐ bowl

- ☐ baking sheet
- ☐ wax paper
- ☐ microwave

Directions

- ☐ Cover a large baking sheet with wax paper.
- ☐ Place semisweet and white chocolate chips in a medium glass bowl; microwave at HIGH 45 seconds. Stir, and microwave an additional 45 seconds or until almost melted. Stir until smooth.
- ☐ Add cereal and remaining ingredients; stir quickly to combine. Drop mixture by tablespoonfuls onto prepared baking sheet; chill 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:1.56, Inflammation Score:-2, Nutrition Score:2.0608695641808%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 67.36kcal (3.37%), Fat: 3.64g (5.6%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.07g (2.57%), Sugar: 5.5g (6.11%), Cholesterol: 1.09mg (0.36%), Sodium: 13.4mg (0.58%), Alcohol: 0.02g (100%), Alcohol %: 0.18% (100%), Caffeine: 4.3mg (1.43%), Protein: 0.99g (1.98%), Manganese: 0.13mg (6.49%), Iron: 0.78mg (4.32%), Copper: 0.08mg (3.9%), Fiber: 0.79g (3.17%), Magnesium: 12.29mg (3.07%), Phosphorus: 26.08mg (2.61%), Vitamin B2: 0.04mg (2.5%), Zinc: 0.35mg (2.32%), Vitamin A: 114.12IU (2.28%), Folate: 9.04µg (2.26%), Vitamin E: 0.33mg (2.17%), Calcium: 19.69mg (1.97%), Vitamin B3: 0.31mg (1.57%), Vitamin B12: 0.09µg (1.55%), Vitamin B1: 0.02mg (1.44%), Potassium: 48.6mg (1.39%), Vitamin B6: 0.03mg (1.3%), Selenium: 0.85µg (1.21%)