



Chocolate-Almond Pretzels

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons almonds toasted sliced finely chopped
- ☐ 45 pretzel twists gluten-free (such as Glutino)
- ☐ 0.7 cup semi chocolate chips

Equipment

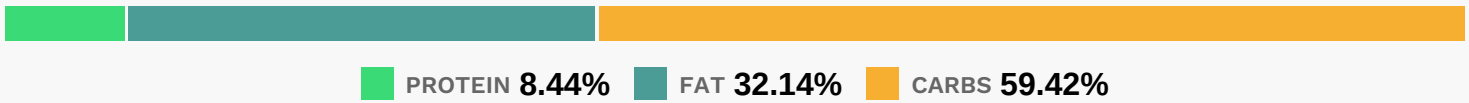
- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ ziploc bags

☐ microwave

Directions

- ☐ Arrange pretzels in a single layer on a foil-lined baking sheet.
- ☐ Place chocolate chips in a small microwave-safe bowl. Microwave at HIGH 1 minute and 20 seconds or until melted, stirring every 30 seconds. Spoon chocolate into a snack-sized zip-top plastic bag. Snip a tiny hole in 1 corner of bag; drizzle chocolate over pretzels, and sprinkle with almonds.
- ☐ Let stand at room temperature 4 hours or until chocolate is firm. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:18.6, Glycemic Load:34.57, Inflammation Score:-5, Nutrition Score:11.84565231528%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 381.06kcal (19.05%), Fat: 13.77g (21.19%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 57.29g (19.1%), Net Carbohydrates: 52.79g (19.2%), Sugar: 10.26g (11.41%), Cholesterol: 1.44mg (0.48%), Sodium: 672.06mg (29.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.64mg (6.88%), Protein: 8.14g (16.28%), Manganese: 0.96mg (47.95%), Folate: 100.38µg (25.09%), Iron: 4.21mg (23.4%), Copper: 0.45mg (22.28%), Magnesium: 74.1mg (18.53%), Fiber: 4.51g (18.02%), Vitamin B1: 0.25mg (16.6%), Vitamin B3: 3.26mg (16.32%), Phosphorus: 160.38mg (16.04%), Vitamin B2: 0.26mg (15.26%), Vitamin E: 1.93mg (12.88%), Zinc: 1.38mg (9.23%), Potassium: 300.48mg (8.59%), Selenium: 4.64µg (6.63%), Calcium: 45.6mg (4.56%), Vitamin K: 3.24µg (3.09%), Vitamin B5: 0.28mg (2.83%), Vitamin B6: 0.06mg (2.82%), Vitamin C: 1.13mg (1.37%)