

# Chocolate Chow Mein Clusters

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



212 kcal

DESSERT

## Ingredients

- 0.5 cup butterscotch chips
- 0.5 cup chow mein noodles
- 0.5 cup roasted peanuts salted
- 0.5 cup semi chocolate chips

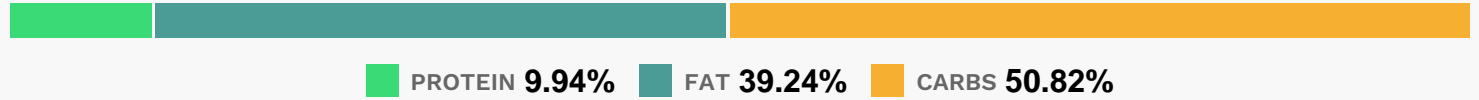
## Equipment

- baking sheet
- microwave

## Directions

- In a microwave, melt chocolate and butterscotch chips, stir until smooth. Stir in chow mein noodles and peanuts until well coated.
- Drop by rounded tablespoonfuls onto a waxed paper-lined baking sheet. Refrigerate for 2 hours or until set.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.942608717991%

## Nutrients (% of daily need)

Calories: 212.32kcal (10.62%), Fat: 9.4g (14.46%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 24.89g (9.05%), Sugar: 12.95g (14.39%), Cholesterol: 1.63mg (0.54%), Sodium: 174.6mg (7.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.68mg (3.22%), Protein: 5.36g (10.72%), Manganese: 0.36mg (18.2%), Copper: 0.2mg (10.04%), Fiber: 2.5g (10.02%), Magnesium: 35.13mg (8.78%), Iron: 1.39mg (7.75%), Vitamin B3: 1.46mg (7.29%), Phosphorus: 64.67mg (6.47%), Potassium: 134.92mg (3.85%), Zinc: 0.49mg (3.27%), Folate: 11.5µg (2.87%), Selenium: 1.69µg (2.42%), Vitamin B1: 0.03mg (2.25%), Calcium: 16.52mg (1.65%), Vitamin B5: 0.16mg (1.61%), Vitamin B6: 0.03mg (1.36%)