



Chocolate Covered Cheetos



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



36

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



9 ounces fries (5 1.5-ounce single serving bags)



12 ounces semi chocolate chips (1 bag)

Equipment



bowl



frying pan



baking sheet



baking paper

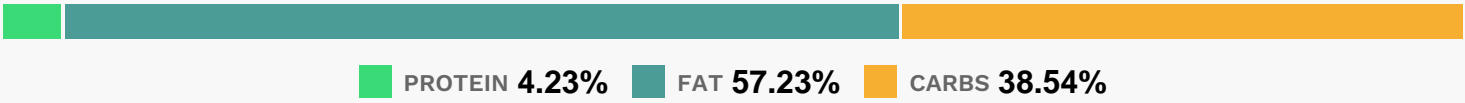


double boiler

Directions

- ☐ Open your bags of chips and put them in a bowl or on a plate so that they will be easy to reach for when you're ready to dip. Line a baking sheet with parchment paper and set to the side.
- ☐ In a double boiler, melt the chocolate morsels over low heat until melted, stirring frequently to prevent scorching.
- ☐ When melted, remove from heat.
- ☐ Using your hands, dip your snack chip in the melted chocolate so that about 3/4 of the chip is covered (the part you're holding with your hand will remain uncoated). Tap against the side of the pan to allow excess chocolate to drip off.
- ☐ Place on the prepared parchment-lined sheet. Repeat with the remaining chips.
- ☐ Let the chocolate coated chips set for about two hours. If you want to make them cute, add sprinkles.

Nutrition Facts



Properties

Glycemic Index:1.79, Glycemic Load:1.17, Inflammation Score:-1, Nutrition Score:1.7686956719212%

Nutrients (% of daily need)

Calories: 73.14kcal (3.66%), Fat: 4.68g (7.2%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 7.09g (2.36%), Net Carbohydrates: 6.02g (2.19%), Sugar: 3.47g (3.85%), Cholesterol: 0.57mg (0.19%), Sodium: 35.67mg (1.55%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 0.78g (1.56%), Manganese: 0.14mg (7.06%), Copper: 0.12mg (6.01%), Magnesium: 17.91mg (4.48%), Fiber: 1.07g (4.3%), Iron: 0.69mg (3.84%), Phosphorus: 30.03mg (3%), Potassium: 84.06mg (2.4%), Zinc: 0.27mg (1.83%), Vitamin B3: 0.24mg (1.19%), Selenium: 0.83µg (1.18%)