



Chocolate Covered Marshmallow Ice Cream Cone Treats



Gluten Free



Dairy Free



Low Fod Map

READY IN



26 min.

SERVINGS



24

CALORIES



133 kcal

DESSERT

Ingredients

- ☐ 0.3 cup multi-colored sprinkles
- ☐ 24 small ice cream cones
- ☐ 24 marshmallows
- ☐ 2 cups semi chocolate chips

Equipment

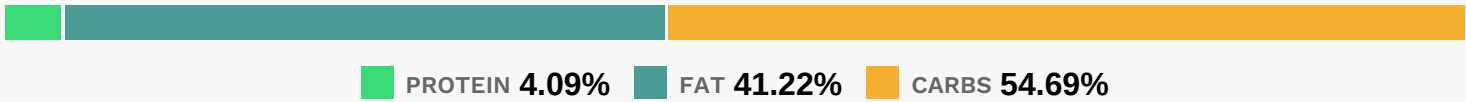
- ☐ bowl
- ☐ microwave

☐ mini muffin tray

Directions

- ☐ Melt chocolate chips in a microwave-safe bowl in 30-second intervals, stirring after each melting, until smooth, 1 to 3 minutes.
- ☐ Stuff 1 marshmallow into each ice cream cone; dip each stuffed cone into the melted chocolate.
- ☐ Roll the dipped cones in sprinkles.
- ☐ Place each coated cone in the cup of a mini muffin tin. Carefully place in freezer until chocolate hardens, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:3.44, Inflammation Score:-1, Nutrition Score:2.680869517119%

Nutrients (% of daily need)

Calories: 132.84kcal (6.64%), Fat: 6.12g (9.42%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 16.95g (6.16%), Sugar: 11.3g (12.55%), Cholesterol: 0.9mg (0.3%), Sodium: 17.34mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 1.37g (2.74%), Manganese: 0.22mg (11.11%), Copper: 0.2mg (10.11%), Magnesium: 27.58mg (6.89%), Iron: 1.11mg (6.16%), Fiber: 1.33g (5.31%), Phosphorus: 43.44mg (4.34%), Zinc: 0.43mg (2.85%), Potassium: 89.88mg (2.57%), Selenium: 1.57µg (2.24%), Folate: 6.99µg (1.75%), Vitamin B3: 0.31mg (1.54%), Vitamin B2: 0.02mg (1.27%), Vitamin K: 1.15µg (1.1%), Calcium: 10.51mg (1.05%)