



## Chocolate Covered Marshmallows

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



10

CALORIES



231 kcal

SIDE DISH

### Ingredients

- 10 large marshmallows
- 2 cups semi chocolate chips

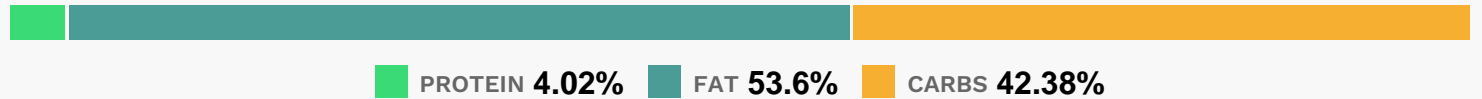
### Equipment

- bowl
- toothpicks
- aluminum foil
- microwave

## Directions

- Melt the chocolate in a microwave-safe glass or ceramic bowl in 30-second intervals, stirring after each interval. Do not overheat or chocolate will scorch.
- Dip the marshmallows in chocolate using a toothpick or fork to hold them.
- Place on waxed paper or aluminum foil, and freeze.
- Let marshmallows sit at room temperature for 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.05, Glycemic Load:3.44, Inflammation Score:-3, Nutrition Score:5.4613042663297%

## Nutrients (% of daily need)

Calories: 230.7kcal (11.53%), Fat: 13.81g (21.24%), Saturated Fat: 7.94g (49.59%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 21.68g (7.88%), Sugar: 17.25g (19.16%), Cholesterol: 2.16mg (0.72%), Sodium: 9.2mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 30.96mg (10.32%), Protein: 2.33g (4.66%), Manganese: 0.48mg (23.88%), Copper: 0.46mg (22.8%), Magnesium: 63.5mg (15.87%), Iron: 2.29mg (12.73%), Fiber: 2.89g (11.55%), Phosphorus: 94.16mg (9.42%), Zinc: 0.96mg (6.38%), Potassium: 204.47mg (5.84%), Selenium: 3.14µg (4.49%), Vitamin K: 2.59µg (2.47%), Calcium: 22.53mg (2.25%), Vitamin B3: 0.31mg (1.54%), Vitamin E: 0.21mg (1.42%), Vitamin B5: 0.11mg (1.08%), Vitamin B12: 0.06µg (1.08%), Vitamin B2: 0.02mg (1.04%)