



## Chocolate Covered Peanut Butter Pretzels

READY IN



12 min.

SERVINGS



12

CALORIES



334 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 12 servings some creamy peanut butter
- ☐ 12 regular size pretzel twists (though minis would be great!)
- ☐ 6 oz bittersweet chocolate dark chopped
- ☐ 3 oz chocolate white chopped (more or less)

### Equipment

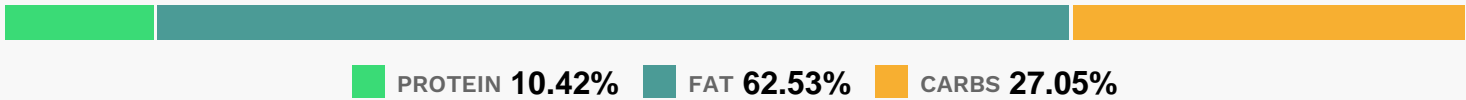
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper

☐ microwave

## Directions

- ☐ Line a tray or baking sheet with parchment paper.Melt the chocolate in a microwave–safe bowl at 50% power, stirring after 30 seconds. Repeat, microwave for another 30 seconds and stirring until completely melted.Dip a pretzel in the chocolate and let excess chocolate drip back into the bowl.
- ☐ Lay it on the parchment paper. Spoon a small amount of chocolate into each pretzel loop — don’t fill it completely, just put in enough to make a “floor” to hold the peanut butter.Repeat until you’ve used all the pretzels, then put them in the refrigerator to set.
- ☐ Remove from the refrigerator. Spoon tiny bits of peanut butter into each pretzel loop.Return melted chocolate to microwave and heat at 50% power for about 20 seconds to re–soften.Spoon chocolate over tops of each pretzel so that it completely covers the peanut butter.Return to the refrigerator to set or attempt to let set at room temperature. This will take much longer, but it might give you a shinier pretzel. It really depends on what type of chocolate you are using and whether it was in temper when you put it on.When chocolate is set, repeat melting procedure with white chocolate.
- ☐ Drizzle the white chocolate. Scatter a few sprinkles on top if you feel like it, then put in the refrigerator to set.

## Nutrition Facts



## Properties

Glycemic Index:13.92, Glycemic Load:7.55, Inflammation Score:-4, Nutrition Score:9.4265215144209%

## Nutrients (% of daily need)

Calories: 334.35kcal (16.72%), Fat: 24.23g (37.28%), Saturated Fat: 7.75g (48.46%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 20.7g (7.53%), Sugar: 12.88g (14.31%), Cholesterol: 2.34mg (0.78%), Sodium: 219.48mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 9.08g (18.17%), Manganese: 0.71mg (35.67%), Vitamin B3: 4.74mg (23.72%), Vitamin E: 3.1mg (20.63%), Magnesium: 81.62mg (20.4%), Phosphorus: 165.49mg (16.55%), Copper: 0.32mg (16.25%), Fiber: 2.89g (11.55%), Folate: 38.88µg (9.72%), Iron: 1.74mg (9.67%), Zinc: 1.3mg (8.69%), Potassium: 294.5mg (8.41%), Vitamin B6: 0.16mg (7.77%), Vitamin B2: 0.11mg (6.35%), Vitamin B1: 0.08mg (5.24%), Vitamin B5: 0.45mg (4.45%), Selenium: 3.09µg (4.41%), Calcium: 40.19mg (4.02%), Vitamin K: 1.93µg (1.84%), Vitamin B12: 0.07µg (1.09%)