



Chocolate-Cranberry Treats

 Vegetarian  Gluten Free

READY IN



145 min.

SERVINGS



36

CALORIES



149 kcal

DESSERT

Ingredients

- 3 cups brown rice cereal crispy such as nature's path rice
- 4 ounce chocolate bar finely grated
- 1 large eggs at room temperature
- 1 cup honey
- 0.5 cup slivered almonds toasted coarsely chopped
- 1 cup cranberries dried sweetened coarsely chopped
- 1 stick butter unsalted cut into 1/2-inch pieces, at room temperature
- 1 tablespoon vanilla extract pure

Equipment

- bowl
- baking sheet
- sauce pan
- whisk
- wax paper

Directions

- Watch how to make this recipe.
- Line a baking sheet with wax paper. Set aside.
- Whisk the honey, vanilla, butter and egg together in a 5-quart saucepan. Bring to a boil over medium heat. Reduce the heat and simmer for 15 minutes. Stir in the rice cereal, cranberries and almonds until combined.
- Let the mixture cool for 45 minutes.
- Place the grated chocolate in a small bowl.
- Firmly press the rice mixture together into 36 balls, each about 1-inch in diameter, using slightly damp hands.
- Roll the cookies in the chocolate until coated and place on the prepared baking sheet. Refrigerate for 1 hour until firm.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:11.08, Inflammation Score:-2, Nutrition Score:4.3952173542069%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg,

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 149.37kcal (7.47%), Fat: 5.23g (8.05%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 23.17g (8.42%), Sugar: 11.05g (12.28%), Cholesterol: 12.01mg (4%), Sodium: 4.17mg (0.18%), Alcohol: 0.12g (100%), Alcohol %: 0.41% (100%), Protein: 1.99g (3.97%), Manganese: 0.71mg (35.3%), Magnesium: 34.47mg (8.62%), Phosphorus: 62.89mg (6.29%), Copper: 0.12mg (6.11%), Fiber: 1.27g (5.07%), Vitamin B1: 0.07mg (4.72%), Vitamin B6: 0.09mg (4.5%), Iron: 0.79mg (4.41%), Vitamin B3: 0.8mg (4.02%), Vitamin E: 0.56mg (3.74%), Zinc: 0.52mg (3.44%), Vitamin B5: 0.3mg (2.95%), Potassium: 85.7mg (2.45%), Vitamin B2: 0.04mg (2.27%), Vitamin A: 87.18IU (1.74%), Calcium: 14mg (1.4%), Folate: 4.76µg (1.19%), Selenium: 0.83µg (1.18%)