



## Chocolate-Dipped Snowballs

READY IN



45 min.

SERVINGS



24

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter ()
- 10 oz marshmallows jet-puffed
- 5 cups honey-flavored multi-grain cereal flakes with oat clusters and almonds
- 7 oz baker's semi-sweet dipping chocolate dark

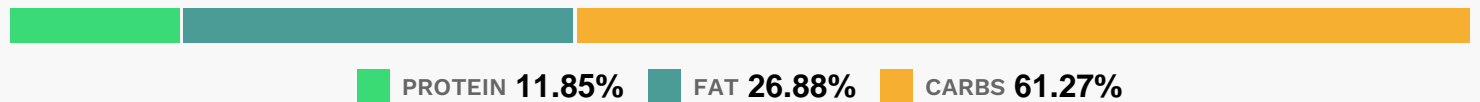
### Equipment

- baking sheet
- sauce pan

## Directions

- Melt butter in large saucepan on low heat.
- Add marshmallows; cook 5 min. or until marshmallows are melted and mixture is well blended, stirring occasionally.
- Remove from heat. Stir in cereal. Cool slightly.
- Shape into 24 balls with moistened hands.
- Place on waxed paper-covered baking sheet; cool completely.
- Heat dipping chocolate as directed on container. Dip top of each ball in chocolate; return, dipped-side up, to baking sheet. Refrigerate 15 min. or until chocolate is firm. Cover and refrigerate remaining dipping chocolate.

## Nutrition Facts



## Properties

Glycemic Index:7.51, Glycemic Load:18.55, Inflammation Score:-3, Nutrition Score:9.2430434149245%

## Nutrients (% of daily need)

Calories: 227.59kcal (11.38%), Fat: 6.86g (10.55%), Saturated Fat: 3.4g (21.28%), Carbohydrates: 35.18g (11.73%), Net Carbohydrates: 31.55g (11.47%), Sugar: 12.01g (13.35%), Cholesterol: 5.58mg (1.86%), Sodium: 247.28mg (10.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.11mg (2.37%), Protein: 6.8g (13.6%), Manganese: 1.16mg (58.14%), Selenium: 13.64µg (19.48%), Fiber: 3.63g (14.52%), Magnesium: 52.79mg (13.2%), Vitamin B1: 0.2mg (13.04%), Phosphorus: 127.5mg (12.75%), Vitamin B3: 2.26mg (11.32%), Copper: 0.23mg (11.3%), Iron: 1.81mg (10.07%), Calcium: 86.39mg (8.64%), Zinc: 1.09mg (7.29%), Vitamin B6: 0.11mg (5.49%), Folate: 20.89µg (5.22%), Vitamin B2: 0.09mg (5.11%), Potassium: 171.26mg (4.89%), Vitamin K: 4.61µg (4.39%), Vitamin B5: 0.37mg (3.66%), Vitamin E: 0.37mg (2.47%), Vitamin A: 64.7IU (1.29%)