



## Chocolate Haystacks

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



375 kcal

SIDE DISH

### Ingredients

- 1 cup butterscotch chips
- 2 cups chow mein noodles
- 2 cups marshmallows jet-puffed miniature
- 0.5 cup planters cocktail peanuts
- 4 oz baker's semi-sweet chocolate

### Equipment

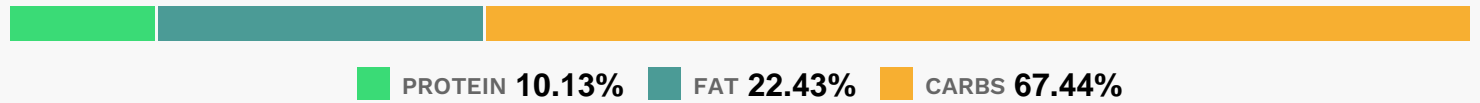
- bowl
- baking sheet

microwave

## Directions

- Microwave chocolate and butterscotch chips in medium microwaveable bowl on HIGH 2 to 3 min. or until almost melted, stirring after 1-1/2 min. Stir until completely melted.
- Add remaining ingredients; stir until evenly coated.
- Drop tablespoonfuls of chocolate mixture onto waxed paper-covered baking sheet. Refrigerate 1 hour or until firm.

## Nutrition Facts



## Properties

Glycemic Index:7.47, Glycemic Load:4.98, Inflammation Score:-2, Nutrition Score:4.5452174946018%

## Nutrients (% of daily need)

Calories: 374.53kcal (18.73%), Fat: 9.39g (14.45%), Saturated Fat: 3.41g (21.32%), Carbohydrates: 63.55g (21.18%), Net Carbohydrates: 59.4g (21.6%), Sugar: 24.45g (27.17%), Cholesterol: 2.21mg (0.74%), Sodium: 372.95mg (16.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 9.55g (19.1%), Manganese: 0.34mg (17.2%), Fiber: 4.15g (16.59%), Iron: 2.55mg (14.14%), Copper: 0.22mg (10.85%), Magnesium: 33.88mg (8.47%), Vitamin B3: 1.27mg (6.33%), Phosphorus: 58.78mg (5.88%), Folate: 17.62µg (4.4%), Vitamin B1: 0.05mg (3.67%), Potassium: 119.62mg (3.42%), Zinc: 0.47mg (3.16%), Selenium: 1.75µg (2.5%), Vitamin B5: 0.16mg (1.64%), Calcium: 15.75mg (1.57%), Vitamin B6: 0.03mg (1.48%), Vitamin B2: 0.02mg (1.07%)