

Chocolate Hazelnut Marshmallow Balls

 Very Healthy

READY IN



15 min.

SERVINGS



14

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups corn flakes/bran flakes
- ☐ 0.5 cup nutella with cocoa
- ☐ 14 large marshmallows
- ☐ 0.3 cup milk chocolate chips
- ☐ 14 servings round steak with one pointed end or craft sticks (flat wooden sticks with round ends)
- ☐ 1 sticks frangelico with round ends)

Equipment

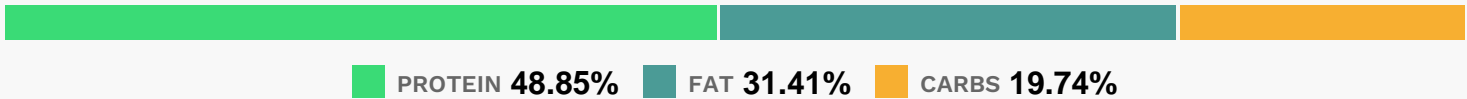
- ☐ bowl

- ☐ toothpicks
- ☐ microwave

Directions

- ☐ In medium microwavable bowl, microwave hazelnut spread and chocolate chips on High 30 seconds; stir until smooth.
- ☐ Place cereal in shallow dish.
- ☐ Insert toothpick into marshmallow; dip in chocolate mixture.
- ☐ Roll in cereal to coat completely.
- ☐ Place on large plate; remove toothpick. Repeat with remaining marshmallows. If desired, insert round wooden sticks into each for pops.
- ☐ Refrigerate 30 minutes or until chocolate is set.

Nutrition Facts



Properties

Glycemic Index:11.58, Glycemic Load:9.08, Inflammation Score:-6, Nutrition Score:31.397825593534%

Nutrients (% of daily need)

Calories: 440.6kcal (22.03%), Fat: 15.1g (23.23%), Saturated Fat: 7.35g (45.97%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 19.19g (6.98%), Sugar: 13.25g (14.72%), Cholesterol: 142.38mg (47.46%), Sodium: 185.1mg (8.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.83g (105.67%), Selenium: 69.64µg (99.49%), Vitamin B3: 17.08mg (85.39%), Vitamin B6: 1.66mg (82.99%), Vitamin B12: 4.73µg (78.81%), Zinc: 10.24mg (68.27%), Phosphorus: 557.05mg (55.71%), Iron: 7.68mg (42.65%), Vitamin B2: 0.51mg (29.8%), Potassium: 894.35mg (25.55%), Vitamin B1: 0.34mg (22.35%), Folate: 88.12µg (22.03%), Manganese: 0.43mg (21.55%), Magnesium: 83.13mg (20.78%), Copper: 0.33mg (16.41%), Vitamin B5: 1.64mg (16.38%), Fiber: 2.15g (8.62%), Vitamin E: 1.28mg (8.5%), Calcium: 63.05mg (6.3%), Vitamin A: 214.61IU (4.29%), Vitamin D: 0.51µg (3.39%), Vitamin K: 3.04µg (2.89%)