



Chocolate Hazelnut Marshmallow Balls

READY IN



15 min.

SERVINGS



14

CALORIES



124 kcal

SIDE DISH

Ingredients

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

Equipment

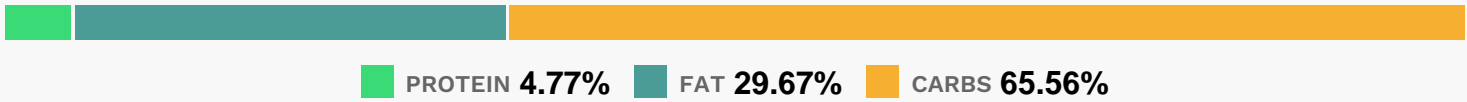
- ☐ bowl

- ☐ 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:13.86, Glycemic Load:9.08, Inflammation Score:-4, Nutrition Score:6.1952173852402%

Nutrients (% of daily need)

Calories: 124.21kcal (6.21%), Fat: 4.29g (6.61%), Saturated Fat: 3.66g (22.84%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 19.19g (6.98%), Sugar: 13.25g (14.72%), Cholesterol: 0mg (0%), Sodium: 56.34mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Manganese: 0.4mg (19.97%), Iron: 2.89mg (16.03%), Folate: 58.77µg (14.69%), Fiber: 2.16g (8.62%), Vitamin B2: 0.14mg (8.14%), Vitamin B1: 0.12mg (8.04%), Vitamin B6: 0.15mg (7.74%), Vitamin B12: 0.46µg (7.63%), Vitamin B3: 1.48mg (7.41%), Selenium: 5.01µg (7.15%), Magnesium: 26.63mg (6.66%), Phosphorus: 55.35mg (5.53%), Copper: 0.1mg (5%), Vitamin A: 214.93IU (4.3%), Vitamin E: 0.6mg (3.98%), Zinc: 0.55mg (3.63%), Potassium: 99.01mg (2.83%), Vitamin D: 0.28µg (1.89%), Calcium: 17.88mg (1.79%), Vitamin B5: 0.11mg (1.13%)