

Chocolate Marshmallow Candy

 **Gluten Free**

READY IN



15 min.

SERVINGS



24

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter
- 6 ounce butterscotch chips
- 12 ounce chocolate chips
- 10.5 ounce marshmallows miniature
- 1 cup pecans chopped
- 14 ounce condensed milk sweetened canned
- 1 teaspoon vanilla extract

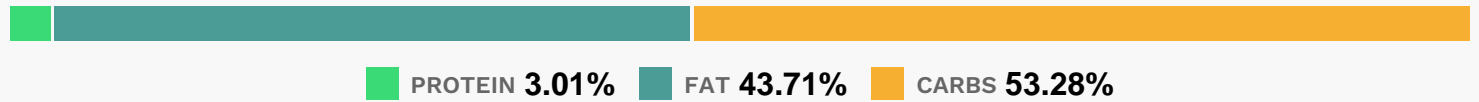
Equipment

sauce pan

Directions

In a saucepan, combine butter and sweetened condensed milk. Bring to a boil, then remove from heat. Stir in chocolate chips and butterscotch chips until melted. Stir in nuts, marshmallows and vanilla. Drop by spoonfuls onto waxed paper.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:11.6, Inflammation Score:-1, Nutrition Score:2.619130446859%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 256.88kcal (12.84%), Fat: 12.85g (19.77%), Saturated Fat: 6.3g (39.4%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 34.81g (12.66%), Sugar: 30.15g (33.5%), Cholesterol: 16.43mg (5.48%), Sodium: 89.06mg (3.87%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Protein: 1.99g (3.98%), Manganese: 0.21mg (10.34%), Calcium: 62.08mg (6.21%), Phosphorus: 56.63mg (5.66%), Vitamin B2: 0.08mg (4.57%), Selenium: 2.92µg (4.17%), Potassium: 122.69mg (3.51%), Copper: 0.07mg (3.46%), Vitamin A: 171.97IU (3.44%), Vitamin B1: 0.05mg (3.07%), Magnesium: 10.16mg (2.54%), Zinc: 0.38mg (2.51%), Fiber: 0.45g (1.79%), Vitamin B5: 0.17mg (1.69%), Vitamin E: 0.21mg (1.37%), Vitamin B12: 0.08µg (1.35%)