



Chocolate-Marshmallow Haystacks

 **Gluten Free**

READY IN



210 min.

SERVINGS



30

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 oz baker's chocolate unsweetened melted
- 3 oz philadelphia cream cheese softened
- 3 cups baker's angel flake coconut
- 3 cups marshmallows jet-puffed miniature
- 2 Tbsp milk
- 2 cups powdered sugar
- 0.3 tsp vanilla

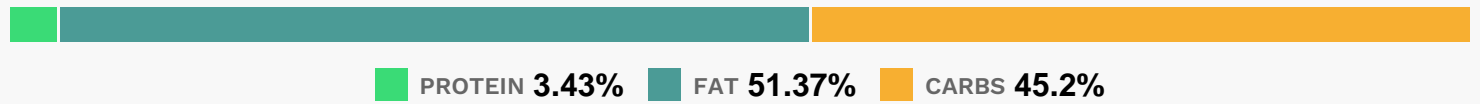
Equipment

- bowl
- baking sheet
- blender

Directions

- Beat cream cheese and milk in large bowl with mixer until blended. Gradually beat in sugar.
- Add chocolate and vanilla; mix well. Gently stir in marshmallows.
- Place coconut in shallow dish. Drop rounded teaspoonfuls of cream cheese mixture, in small batches, into coconut; toss to evenly coat.
- Place in single layer on baking sheet.
- Refrigerate several hours or until firm.

Nutrition Facts



Properties

Glycemic Index:4.18, Glycemic Load:2.52, Inflammation Score:-1, Nutrition Score:2.3647825928486%

Flavonoids

Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg

Nutrients (% of daily need)

Calories: 123.21kcal (6.16%), Fat: 7.49g (11.52%), Saturated Fat: 6.07g (37.93%), Carbohydrates: 14.83g (4.94%), Net Carbohydrates: 13.13g (4.77%), Sugar: 11.51g (12.78%), Cholesterol: 2.98mg (0.99%), Sodium: 17.04mg (0.74%), Alcohol: 0.01g (100%), Alcohol %: 0.06% (100%), Protein: 1.13g (2.25%), Manganese: 0.31mg (15.66%), Fiber: 1.7g (6.82%), Copper: 0.13mg (6.74%), Magnesium: 14.31mg (3.58%), Iron: 0.63mg (3.5%), Selenium: 2.12µg (3.03%), Phosphorus: 29.52mg (2.95%), Zinc: 0.37mg (2.49%), Potassium: 67.55mg (1.93%), Vitamin B6: 0.03mg (1.42%), Vitamin B2: 0.02mg (1.17%)