



## Chocolate Marshmallow Puffs

 Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



84 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup brown sugar packed
- ☐ 2 eggs
- ☐ 3 cups flour all-purpose sifted
- ☐ 0.3 cup granulated sugar for decoration
- ☐ 60 marshmallows miniature
- ☐ 1 teaspoon salt
- ☐ 1 cup shortening

- ☐ 0.7 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

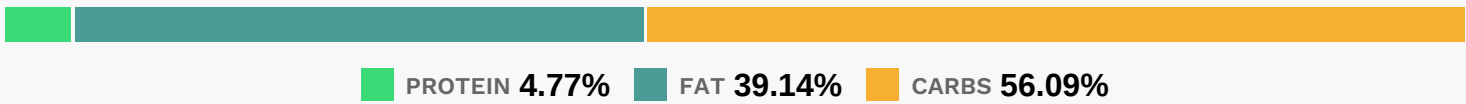
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

## Directions

- ☐ Put marshmallows in the freezer for a couple of hours.
- ☐ In a large mixing bowl, sift together the flour, salt, cocoa, and baking soda. In a separate bowl, cream together the shortening and both sugars. Blend in unbeaten eggs and vanilla. Beat well.
- ☐ Stir in flour mixture and blend thoroughly.
- ☐ Stick bowl in fridge; until dough is hardened.
- ☐ Shape 1 teaspoon sized piece of dough around each marshmallow, seal well.
- ☐ Roll in sugar.
- ☐ Bake at 400 degrees F (205 degrees C) on greased sheet for 5 to 7 minutes, or until cookies crack. Cool for about 2 minutes before removing from cookie sheet.

## Nutrition Facts



## Properties

Glycemic Index:4.59, Glycemic Load:6.9, Inflammation Score:-1, Nutrition Score:1.5830434839363%

## Flavonoids

Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

**Nutrients (% of daily need)**

Calories: 83.73kcal (4.19%), Fat: 3.76g (5.79%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.61g (4.22%), Sugar: 6.66g (7.41%), Cholesterol: 5.46mg (1.82%), Sodium: 60.67mg (2.64%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Protein: 1.03g (2.07%), Manganese: 0.08mg (4.07%), Selenium: 2.77µg (3.95%), Vitamin B1: 0.05mg (3.41%), Folate: 12.46µg (3.11%), Iron: 0.47mg (2.6%), Copper: 0.05mg (2.41%), Vitamin B2: 0.04mg (2.4%), Fiber: 0.52g (2.09%), Vitamin B3: 0.39mg (1.97%), Vitamin K: 1.86µg (1.78%), Phosphorus: 16.8mg (1.68%), Magnesium: 6.51mg (1.63%), Vitamin E: 0.23mg (1.53%)