



## Chocolate Pecan Clusters

READY IN



45 min.

SERVINGS



18

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups kellogg's® cocoa krispies
- 11.5 ounce milk chocolate morsels
- 1 cup pecans toasted coarsely chopped
- 1 tablespoon vegetable shortening

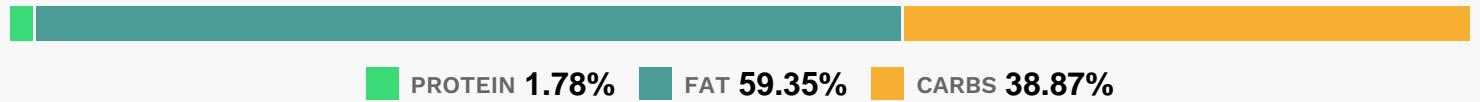
### Equipment

- baking sheet
- sauce pan

## Directions

- In 2-quart saucepan, combine chocolate morsels and shortening. Cook over low heat, stirring constantly, until morsels melt and mixture is smooth.
- Remove from heat.
- Stir in KELLOGG'S RICE KRISPIES cereal and pecans.
- Mix well. Drop by rounded teaspoon onto baking sheets lined with waxed paper. Top each with pecan half, if desired.
- Refrigerate about 30 minutes or until firm. Store in airtight container in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:0.56, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.9191304108371%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

## Nutrients (% of daily need)

Calories: 150.79kcal (7.54%), Fat: 10.33g (15.89%), Saturated Fat: 3.85g (24.08%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 14.6g (5.31%), Sugar: 11.79g (13.1%), Cholesterol: 0mg (0%), Sodium: 13.22mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Manganese: 0.31mg (15.34%), Vitamin B1: 0.08mg (5.18%), Copper: 0.08mg (4.15%), Iron: 0.6mg (3.36%), Vitamin B6: 0.06mg (3.14%), Vitamin E: 0.46mg (3.1%), Vitamin B2: 0.05mg (2.97%), Zinc: 0.43mg (2.87%), Vitamin B3: 0.57mg (2.86%), Folate: 11.38µg (2.85%), Vitamin A: 129.52IU (2.59%), Fiber: 0.62g (2.5%), Vitamin B12: 0.15µg (2.49%), Potassium: 82.71mg (2.36%), Magnesium: 8.51mg (2.13%), Calcium: 21.13mg (2.11%), Phosphorus: 19.95mg (1.99%), Vitamin C: 1.56mg (1.89%), Selenium: 0.73µg (1.04%)