



Chocolate Pretzel Treats

READY IN



22 min.

SERVINGS



40

CALORIES



74 kcal

DESSERT

Ingredients

- ☐ 1.7 ounce candy-coated milk chocolate pieces such as M&M's®
- ☐ 8 ounce milk chocolate candy kisses kisses® such as Hershey's
- ☐ 15 ounce pretzel twists

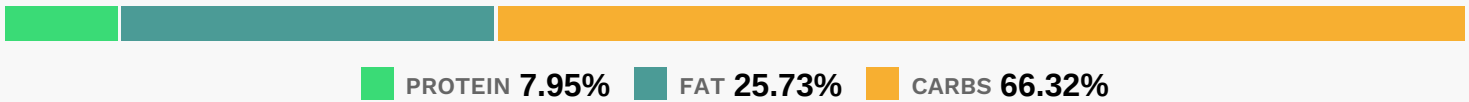
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 175 degrees F (80 degrees C).
- ☐ Arrange pretzels on a baking sheet.
- ☐ Place a candy kiss on the center of each pretzel.
- ☐ Warm pretzels in the preheated oven until candy kiss is shiny and slightly softened, 2 minutes.
- ☐ Place a candy-coated chocolate piece atop the candy kiss on each pretzel; press down. Chill in the refrigerator for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:2.08, Glycemic Load:6.79, Inflammation Score:-1, Nutrition Score:1.3517391171468%

Nutrients (% of daily need)

Calories: 73.54kcal (3.68%), Fat: 2.19g (3.37%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 12.7g (4.23%), Net Carbohydrates: 12.17g (4.43%), Sugar: 4.05g (4.5%), Cholesterol: 1.54mg (0.51%), Sodium: 137.29mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Manganese: 0.1mg (4.96%), Folate: 19.24µg (4.81%), Iron: 0.55mg (3.07%), Vitamin B1: 0.05mg (3.01%), Vitamin B3: 0.56mg (2.8%), Fiber: 0.53g (2.12%), Vitamin B2: 0.04mg (2.08%), Calcium: 15.03mg (1.5%), Phosphorus: 13.61mg (1.36%)