

Chocolate Pretzels

 Dairy Free

READY IN



55 min.

SERVINGS



10

CALORIES



810 kcal

SIDE DISH

Ingredients

- ☐ 10 servings coconut or for garnish, optional
- ☐ 10 servings colored nonpareils for garnish, optional
- ☐ 10 servings grands flaky refrigerator biscuits crushed for garnish, optional
- ☐ 2 bags chocolate chips dark (or milk chocolate)
- ☐ 10 servings nuts chopped for garnish, optional
- ☐ 1 bag pretzels thick for this, but you can try any of the medium to variety of twists well (logs work)
- ☐ 10 servings sprinkles for garnish, optional

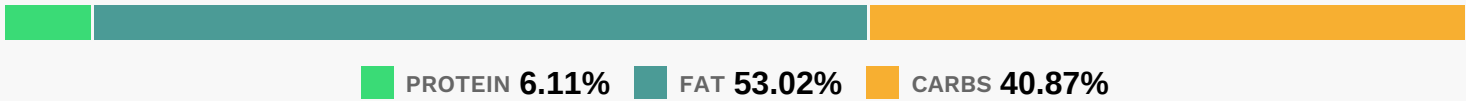
Equipment

- ☐ baking sheet
- ☐ double boiler
- ☐ stove
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Melt chocolate in double boiler over medium heat on stove top. Using tongs, or your fingers, quickly dip pretzels in chocolate allowing the excess to run off.
- ☐ Place dipped pretzels on waxed paper lined cookie sheets.
- ☐ Sprinkle with chopped nuts, colored sugars or other toppings. Allow to harden. You may need to refrigerate for a while to help this along. Once hardened, remove from sheets and store in a cool location, with waxed paper between layers.
- ☐ Tip: Package pretzels in clear cellophane bags or in vase for festive gift giving!

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:12.78, Inflammation Score:-4, Nutrition Score:15.250434642253%

Nutrients (% of daily need)

Calories: 809.7kcal (40.49%), Fat: 48.52g (74.64%), Saturated Fat: 27.99g (174.93%), Carbohydrates: 84.15g (28.05%), Net Carbohydrates: 77.6g (28.22%), Sugar: 48.06g (53.4%), Cholesterol: 0.68mg (0.23%), Sodium: 178.44mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.16%), Manganese: 0.95mg (47.35%), Copper: 0.58mg (28.85%), Fiber: 6.55g (26.21%), Zinc: 3.79mg (25.26%), Magnesium: 99.13mg (24.78%), Phosphorus: 246.09mg (24.61%), Calcium: 232.11mg (23.21%), Potassium: 670mg (19.14%), Iron: 3.07mg (17.05%), Vitamin B2: 0.27mg (15.96%), Vitamin B1: 0.23mg (15.59%), Vitamin B3: 3.09mg (15.47%), Folate: 54.74µg (13.69%), Vitamin E: 1.78mg (11.84%), Vitamin B6: 0.2mg (10.13%), Vitamin B5: 0.99mg (9.86%), Selenium: 6.29µg (8.98%), Vitamin K: 8.34µg (7.94%), Vitamin B12: 0.19µg (3.17%)