



Chocolate Spiders

 Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound chocolate confectioners' coating
- ☐ 8.5 ounce chow mein noodles

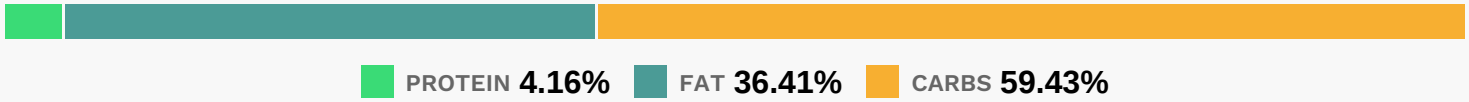
Equipment

- ☐ bowl

Directions

- ☐
- Chop the chocolate confectioners' coating and place into a heatproof bowl over simmering water. Cook, stirring occasionally until melted and smooth.
- ☐
- Remove from heat and stir in the chow mein noodles so they are evenly distributed. Spoon out to desired size onto waxed paper.
- ☐
- Let cool completely before storing or serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.20565217474233%

Nutrients (% of daily need)

Calories: 172.53kcal (8.63%), Fat: 6.7g (10.3%), Saturated Fat: 6.48g (40.5%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 23.94g (8.71%), Sugar: 16.42g (18.24%), Cholesterol: 0mg (0%), Sodium: 81.88mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Fiber: 0.65g (2.58%), Iron: 0.39mg (2.15%)