



HEALTH SCORE

90%

## Chocolate Spiderweb Treats



Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



4144 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup creamy peanut butter
- ☐ 6 cups chocolate rice cereal sweetened (we used Cocoa Krispies)
- ☐ 4 cups firmly marshmallows miniature packed
- ☐ 12 ounce milk chocolate morsels
- ☐ 0.5 cup chocolate morsels white

### Equipment

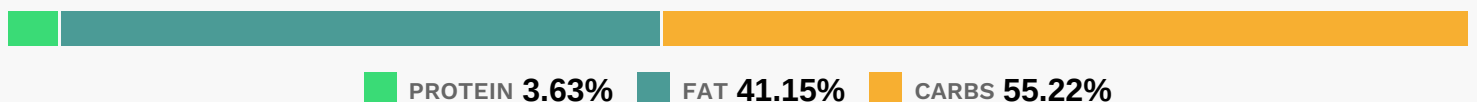
- ☐ bowl

- ☐ frying pan
- ☐ wooden spoon
- ☐ cookie cutter
- ☐ microwave
- ☐ measuring cup
- ☐ oven mitt

## Directions

- ☐ Combine marshmallows, peanut butter, and butter in a big microwave-safe bowl. Microwave at HIGH 2 minutes.
- ☐ Remove from the microwave using oven mitts. Stir peanut butter mixture vigorously with a wooden spoon until smooth.
- ☐ Add cereal, and stir until well coated. Quickly spoon mixture into a lightly greased 15- x 10- inch jelly-roll pan, and press into an even layer. Cool 5 minutes or until firm.
- ☐ Cut cereal mixture into circles with a 3-inch round cookie cutter. Store excess cereal mixture in an airtight container for snacking on later.
- ☐ Place milk chocolate morsels in a small microwave-safe glass bowl or measuring cup. Microwave at MEDIUM (50% power) 2 minutes or until chocolate looks like it's just beginning to melt. Stir chocolate until smooth.
- ☐ Place white chocolate morsels in a zip-top freezer bag. Partially seal bag, and set upright in a small microwave-safe measuring cup. Microwave at MEDIUM (50% power) 1 minute. Gently squeeze bag until smooth. Snip a tiny hole in 1 corner of bag to create a small opening.
- ☐ Spread melted milk chocolate over top of 1 circle. While milk chocolate is still soft, drizzle white chocolate in 3 rings on top of milk chocolate. Starting at the center, pull a wooden pick through the rings to create a "web." Do the same thing all over again with the remaining circles and chocolate. Refrigerate 30 minutes or until chocolate is firm. Store in an airtight container up to 3 days.

## Nutrition Facts



## Properties

Glycemic Index:144.5, Glycemic Load:137.53, Inflammation Score:-10, Nutrition Score:69.830000089562%

Nutrients (% of daily need)

Calories: 4144.31kcal (207.22%), Fat: 196.03g (301.59%), Saturated Fat: 92.5g (578.14%), Carbohydrates: 591.88g (197.29%), Net Carbohydrates: 584.13g (212.41%), Sugar: 384.68g (427.42%), Cholesterol: 18.9mg (6.3%), Sodium: 2184.56mg (94.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.85g (77.71%), Manganese: 7.08mg (354.18%), Folate: 1282.96µg (320.74%), Iron: 56.11mg (311.72%), Vitamin B3: 42.24mg (211.2%), Vitamin B2: 3.02mg (177.79%), Vitamin B6: 3.44mg (171.89%), Zinc: 25.45mg (169.66%), Vitamin B1: 2.43mg (162.13%), Vitamin B12: 9.59µg (159.8%), Calcium: 1078.04mg (107.8%), Vitamin A: 4028.8IU (80.58%), Phosphorus: 712.14mg (71.21%), Vitamin E: 10.13mg (67.56%), Selenium: 42.73µg (61.04%), Potassium: 2040.73mg (58.31%), Magnesium: 209.58mg (52.4%), Copper: 1.03mg (51.52%), Vitamin C: 36.47mg (44.21%), Vitamin D: 5.99µg (39.96%), Vitamin B5: 3.87mg (38.72%), Fiber: 7.75g (30.99%), Vitamin K: 10.07µg (9.59%)