



Confetti Chocolate Pretzels

 Dairy Free

READY IN



35 min.

SERVINGS



26

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups fruit-flavored rice cereal sweetened
- 26 pretzel rods
- 6 squares baker's semi-sweet chocolate

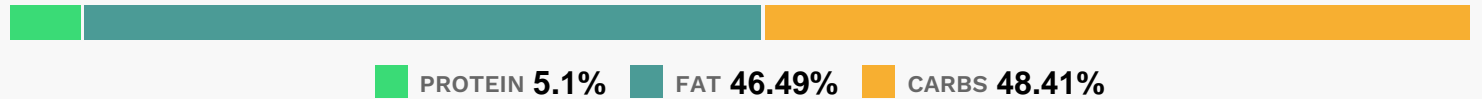
Equipment

- frying pan
- microwave
- measuring cup

Directions

- Place chocolate in 1-cup glass measuring cup. Microwave as directed on package. Cool 5 min.
- Dip pretzels halfway into chocolate, tilting cup to evenly coat each pretzel. Scrape off excess chocolate. Holding pretzels over plate, immediately sprinkle with cereal.
- Place in shallow waxed paper-lined pan.
- Refrigerate 15 min. or until chocolate coating is firm.

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:0.64, Inflammation Score:-1, Nutrition Score:2.2899999968384%

Nutrients (% of daily need)

Calories: 49.04kcal (2.45%), Fat: 2.54g (3.91%), Saturated Fat: 1.44g (8.99%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.37g (1.95%), Sugar: 2.56g (2.84%), Cholesterol: 0.39mg (0.13%), Sodium: 29.85mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.56mg (1.85%), Protein: 0.63g (1.26%), Manganese: 0.17mg (8.46%), Iron: 1.15mg (6.37%), Copper: 0.09mg (4.38%), Folate: 17.2µg (4.3%), Zinc: 0.47mg (3.14%), Magnesium: 12.29mg (3.07%), Vitamin B3: 0.49mg (2.46%), Fiber: 0.59g (2.37%), Vitamin B1: 0.04mg (2.35%), Vitamin B2: 0.04mg (2.34%), Vitamin B12: 0.13µg (2.13%), Phosphorus: 21.15mg (2.12%), Vitamin B6: 0.04mg (2.07%), Selenium: 0.99µg (1.42%), Potassium: 42.77mg (1.22%), Calcium: 11.96mg (1.2%)