



Crispy Chocolate Clusters

 Dairy Free

READY IN



80 min.

SERVINGS



24

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 cups corn flakes
- 0.5 cup cranberries dried
- 24 holiday mallows marshmallows jet-puffed
- 0.5 cup planters roasted peanuts dry
- 8 oz baker's semi-sweet chocolate

Equipment

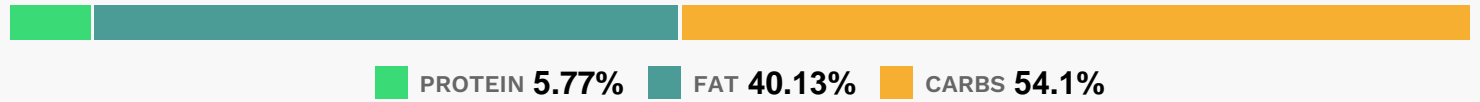
- bowl
- baking sheet

microwave

Directions

- Crush peanuts into small pieces; set aside.
- Cover baking sheet with waxed paper. Melt chocolate in large microwaveable bowl as directed on package, following microwave directions.
- Add corn flakes, cranberries and peanuts; stir gently until evenly coated with chocolate.
- Use large spoon to drop cereal mixture into 24 clusters on prepared baking sheet.
- Top each with marshmallow. Refrigerate 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:2.52, Glycemic Load:3.44, Inflammation Score:-2, Nutrition Score:3.2978260724441%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 113.51kcal (5.68%), Fat: 5.23g (8.04%), Saturated Fat: 2.33g (14.58%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 14.6g (5.31%), Sugar: 9.76g (10.85%), Cholesterol: 0.57mg (0.19%), Sodium: 40.75mg (1.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 1.69g (3.38%), Manganese: 0.2mg (10.12%), Iron: 1.52mg (8.42%), Copper: 0.15mg (7.27%), Magnesium: 23.57mg (5.89%), Vitamin B3: 1.07mg (5.35%), Fiber: 1.26g (5.02%), Phosphorus: 39.65mg (3.97%), Vitamin B6: 0.07mg (3.56%), Folate: 13.51µg (3.38%), Vitamin B2: 0.06mg (3.29%), Vitamin B1: 0.05mg (3.15%), Vitamin B12: 0.16µg (2.71%), Zinc: 0.37mg (2.48%), Potassium: 79.88mg (2.28%), Selenium: 1.46µg (2.09%), Vitamin E: 0.27mg (1.78%), Vitamin A: 56.82IU (1.14%)