



Crispy Chocolate Hearts

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce candy coating disks melted
- ☐ 2 cups rice cereal crisp
- ☐ 1.5 cups marshmallows miniature
- ☐ 0.5 cup peanut butter
- ☐ 1.5 cups peanuts
- ☐ 12 ounce semi chocolate chips

Equipment

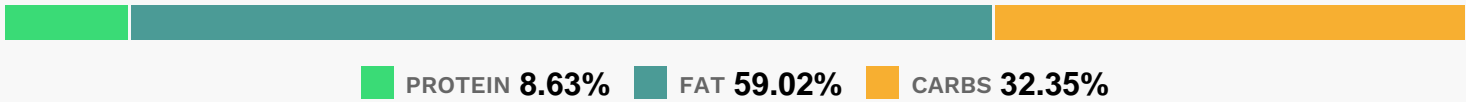
- ☐ bowl

- ☐ frying pan
- ☐ aluminum foil
- ☐ cookie cutter
- ☐ microwave

Directions

- ☐ Microwave chocolate morsels in a large glass bowl at HIGH for 2 minutes or until melted, stirring every 30 seconds. Stir in peanut butter, stirring until well blended.
- ☐ Stir in cereal, peanuts, and marshmallows. Line a 13- x 9-inch pan with foil. Lightly grease foil. Press mixture into foil-lined pan.
- ☐ Drizzle with chocolate.
- ☐ Sprinkle with white nonpareils, if desired.
- ☐ Let stand 1 hour or until firm; cut with a 3-inch heart-shaped cookie cutter to make hearts. Store hearts in an airtight container or place in a candy box, if desired.
- ☐ *6 (2-ounce) almond bark coating squares may be substituted.
- ☐ Note: White nonpareils (tiny decorative beads) are available in cake decorating shops or large supermarkets.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:2.8, Inflammation Score:-4, Nutrition Score:9.1543477948593%

Nutrients (% of daily need)

Calories: 334.48kcal (16.72%), Fat: 22.52g (34.64%), Saturated Fat: 9.15g (57.2%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 24.11g (8.77%), Sugar: 17.51g (19.45%), Cholesterol: 1.36mg (0.45%), Sodium: 48.69mg (2.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.5mg (6.5%), Protein: 7.41g (14.81%), Manganese: 0.81mg (40.62%), Copper: 0.46mg (23.07%), Magnesium: 82.74mg (20.69%), Vitamin B3: 3.75mg (18.75%), Phosphorus: 148.11mg (14.81%), Fiber: 3.65g (14.62%), Iron: 2.24mg (12.42%), Folate: 46.32µg (11.58%), Vitamin B1: 0.13mg (8.58%), Potassium: 288.86mg (8.25%), Zinc: 1.16mg (7.72%), Vitamin E: 0.92mg (6.13%), Selenium: 3.66µg (5.22%), Vitamin B6: 0.1mg (4.84%), Vitamin B5: 0.42mg (4.18%), Calcium: 34.13mg (3.41%), Vitamin B2: 0.05mg (3.17%), Vitamin K: 1.66µg (1.58%)