



Crispy Chocolate Hearts

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



377 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 oz chocolate bark coating squares melted
- ☐ 2 cups rice cereal crisp
- ☐ 1.5 cups marshmallows miniature
- ☐ 15 servings nonpareils white
- ☐ 1.5 cups peanuts
- ☐ 12 oz semisweet chocolate morsels
- ☐ 0.5 cup smooth peanut butter

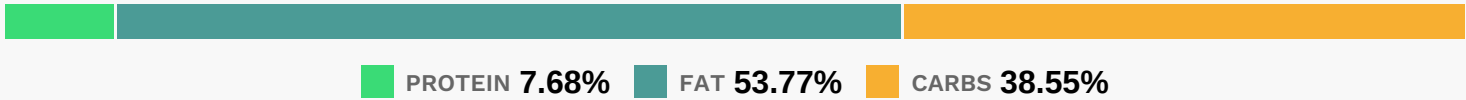
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Microwave chocolate morsels in a large glass bowl on high for 2 minutes or until they're fully melted, stirring every 30 seconds.
- ☐ Add peanut butter, stirring until mixture is well blended.
- ☐ Spoon in cereal, peanuts and marshmallows. Line a 13-by-9-inch pan with foil; lightly grease foil. Press mixture into pan.
- ☐ Drizzle with melted chocolate.
- ☐ Sprinkle with white nonpareils, if desired.

Nutrition Facts



Properties

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

Nutrients (% of daily need)

Calories: 376.78kcal (18.84%), Fat: 23.04g (35.44%), Saturated Fat: 9.63g (60.2%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 33.51g (12.19%), Sugar: 26.61g (29.57%), 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%)