



Crispy Easter Nests

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

SIDE DISH

Ingredients

- ☐ 24 almonds
- ☐ 0.5 cup chocolate chips
- ☐ 8 servings purple gel food coloring green
- ☐ 7.5 oz marshmallow creme
- ☐ 3 cups rice krispies
- ☐ 14 oz coconut sweetened

Equipment

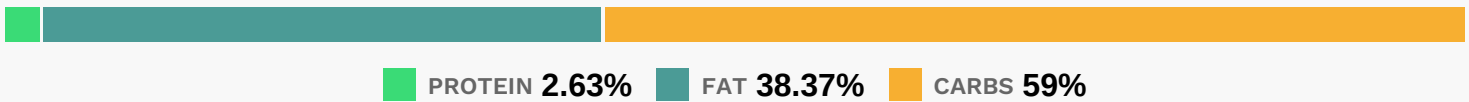
- ☐ bowl

- ☐ frying pan
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Place 1 (14 oz.) bag sweetened flake coconut in a bowl. Use a toothpick to apply and stir in a few drops of green food dye.
- ☐ Let dry. Melt 1 (5 oz.) jar Marshmallow Fluff in a pan over medium-low heat, stirring, until soft and pliable. Stir in 3 cups Rice Krispies. Stir in 1/2 cup chocolate chips; remove from heat. Arrange 8 paper cupcake liners on a work surface. Mist hands with cooking spray. Gather a small amount of cereal mixture and shape to fit into a cupcake liner.
- ☐ Add more cereal to make a rim around top.
- ☐ Let cool. Make 7 more. Fill each nest with a bit of coconut and 3 Jordan almonds.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:11.386086982229%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 421.71kcal (21.09%), Fat: 18.82g (28.95%), Saturated Fat: 15.27g (95.43%), Carbohydrates: 65.1g (21.7%), Net Carbohydrates: 59.77g (21.73%), Sugar: 42.2g (46.89%), Cholesterol: 0mg (0%), Sodium: 196.76mg (8.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.8%), Manganese: 0.68mg (34.04%), Vitamin E: 3.56mg (23.74%), Iron: 4.05mg (22.51%), Fiber: 5.33g (21.31%), Folate: 66.86µg (16.71%), Selenium: 10.17µg (14.53%), Vitamin A: 698.49IU (13.97%), Vitamin B1: 0.2mg (13.3%), Vitamin B6: 0.27mg (13.29%), Vitamin B12: 0.76µg (12.65%),

Vitamin B3: 2.34mg (11.72%), Vitamin B2: 0.18mg (10.42%), Copper: 0.2mg (9.84%), Magnesium: 36.24mg (9.06%),
Vitamin C: 6.65mg (8.06%), Phosphorus: 77.17mg (7.72%), Potassium: 246.36mg (7.04%), Vitamin D: 0.65µg
(4.34%), Zinc: 0.59mg (3.95%), Calcium: 22.09mg (2.21%), Vitamin B5: 0.15mg (1.47%)