



## Deano's Dragon Breath Bombs

READY IN



20 min.

SERVINGS



24

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 3 tablespoons butter plus more for greasing the pan
- ☐ 0.5 cup chocolate chips
- ☐ 24 servings liquid nitrogen
- ☐ 10 ounce marshmallows
- ☐ 6 cups rice cereal
- ☐ 24 servings rainbow sprinkles for topping

### Equipment

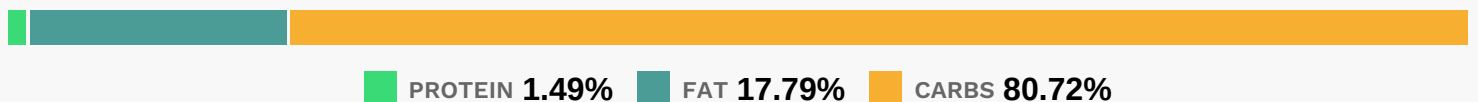
- ☐ bowl

- ☐ frying pan
- ☐ pot
- ☐ baking pan
- ☐ kitchen towels
- ☐ spatula
- ☐ slotted spoon
- ☐ oven mitt

## Directions

- ☐ Special equipment: Safety goggles, work gloves or oven mitts, large stainless steel bowl, metal or plastic jug for liquid nitrogen, large slotted spoon, kitchen towel
- ☐ Grease a 9- by 11-inch baking pan with butter.
- ☐ Melt the butter in a large pot over medium heat.
- ☐ Add the marshmallows, and stir until melted and smooth.
- ☐ Add the cereal and mix well. Working quickly, add the chocolate chips. (Depending on the temperature of the crispy mix, your chips may melt and you'll have chocolate crispy squares. If you add them as the mixture gets stiff and cool, they'll stay intact as chips. It's completely up to you.)
- ☐ Spread the mixture out evenly into the greased pan with an oiled spatula or waxed paper, pressing down gently to fit it into the pan. Dust the top with rainbow sprinkles and refrigerate. When cool, cut into 1-inch squares.
- ☐ Pour 2 to 3 inches of liquid nitrogen very slowly into a stainless steel bowl. Make sure to wear your goggles and gloves!
- ☐ Drop 8 to 10 crispy squares into the liquid nitrogen for 30 to 40 seconds. Scoop them out with a slotted spoon and place on a serving plate. Wait 10 seconds then eat the squares. You will have some 'dragon's breath' coming out of your mouth and nose. Thrills and chills will ensue!

## Nutrition Facts



## Properties

Glycemic Index:4.7, Glycemic Load:8.81, Inflammation Score:-1, Nutrition Score:0.59869565304531%

Nutrients (% of daily need)

Calories: 150.35kcal (7.52%), Fat: 3.07g (4.72%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 31.3g (10.43%), Net Carbohydrates: 31.2g (11.35%), Sugar: 23.79g (26.44%), Cholesterol: 0mg (0%), Sodium: 26.47mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Folate: 7.46µg (1.87%), Vitamin B1: 0.02mg (1.39%), Copper: 0.03mg (1.26%), Vitamin A: 62.6IU (1.25%), Selenium: 0.75µg (1.07%), Iron: 0.19mg (1.06%)