

Disappearing Marshmallow Puffs

READY IN



25 min.

SERVINGS



16

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted
- 0.5 cup powdered sugar
- 1 teaspoon ground cinnamon
- 16 large marshmallows
- 2 teaspoons milk
- 0.3 cup nuts chopped
- 16 ounces regular crescent rolls refrigerated
- 0.3 cup sugar
- 0.5 teaspoon vanilla extract

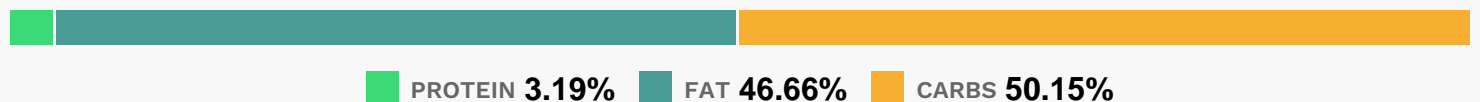
Equipment

- bowl
- baking sheet
- oven
- muffin liners

Directions

- Separate crescent dough into 16 triangles; set aside. In a shallow bowl, combine sugar and cinnamon.
- Roll marshmallows in butter, then in cinnamon-sugar.
- Place marshmallows at wide end of crescents. Fold corners over marshmallow.
- Roll up each triangle, beginning at the wide end. Pinch seams to seal. Dip bottom of dough in butter.
- Place butter, side down, in ungreased muffin cups.
- Place muffin pans on baking sheets.
- Bake at 375° for 10–15 minutes or until golden brown. Immediately remove from pans to wire racks.
- For glaze, combine confectioners' sugar and vanilla. Stir in enough milk to achieve desired consistency.
- Drizzle over puffs.
- Sprinkle with nuts.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:5.74, Inflammation Score:-1, Nutrition Score:0.81130434151577%

Nutrients (% of daily need)

Calories: 187.94kcal (9.4%), Fat: 10.17g (15.65%), Saturated Fat: 4.55g (28.41%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 24.33g (8.85%), Sugar: 13.7g (15.23%), Cholesterol: 7.7mg (2.57%), Sodium: 251.59mg (10.94%), Alcohol: 0.04g (100%), Alcohol %: 0.11% (100%), Protein: 1.56g (3.13%), Manganese: 0.07mg (3.33%), Iron: 0.47mg (2.62%), Copper: 0.04mg (1.83%), Vitamin A: 90.36IU (1.81%), Magnesium: 5.44mg (1.36%), Phosphorus: 11.92mg (1.19%), Fiber: 0.28g (1.1%)