



Easter Bird's Nests

 **Gluten Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



10

CALORIES



219 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 40 candy-coated milk chocolate eggs
- 0.3 cup creamy peanut butter
- 4 cups chow mein noodles crispy
- 3 cups marshmallows miniature

Equipment

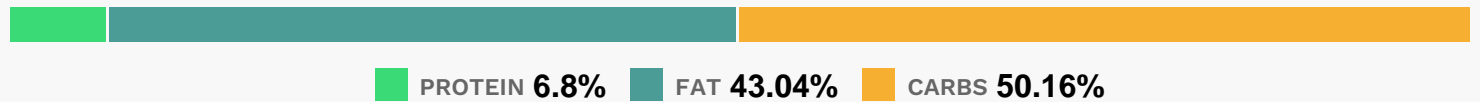
- bowl
- sauce pan

ice cream scoop

Directions

- Cook and stir marshmallows, peanut butter, and butter in a saucepan over medium heat until the marshmallows melt completely into the mixture, about 5 minutes.
- Put chow mein noodles into a large bowl.
- Pour marshmallow mixture over the chow mein noodles; stir to coat.
- Spray hands with cooking spray or coat with butter so the noodles will not stick to your hands. Scoop noodle mixture from bowl with an ice cream scoop and form into balls, hollowing the center out to create the nest. Arrange 4 chocolate eggs into each nest.

Nutrition Facts



Properties

Glycemic Index:12.45, Glycemic Load:7.53, Inflammation Score:-2, Nutrition Score:3.8834782705197%

Nutrients (% of daily need)

Calories: 219.02kcal (10.95%), Fat: 10.84g (16.68%), Saturated Fat: 3.71g (23.22%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 27.52g (10.01%), Sugar: 11.99g (13.32%), Cholesterol: 9.63mg (3.21%), Sodium: 221.86mg (9.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.71%), Selenium: 8.3µg (11.86%), Vitamin B3: 1.94mg (9.71%), Vitamin B1: 0.11mg (7.55%), Vitamin E: 1.11mg (7.4%), Folate: 25.44µg (6.36%), Iron: 1.05mg (5.82%), Phosphorus: 53.05mg (5.31%), Vitamin B2: 0.09mg (5.28%), Magnesium: 20.64mg (5.16%), Manganese: 0.1mg (4.79%), Fiber: 0.92g (3.67%), Copper: 0.07mg (3.59%), Zinc: 0.43mg (2.84%), Vitamin B6: 0.05mg (2.45%), Vitamin A: 113.92IU (2.28%), Potassium: 59.74mg (1.71%), Vitamin B5: 0.17mg (1.7%), Calcium: 12.86mg (1.29%)