



Easy Chocolate Drops

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups corn flakes/bran flakes whole wheat
- 3 tablespoons butter
- 3 tablespoons peanut butter
- 1 cup semi chocolate chips

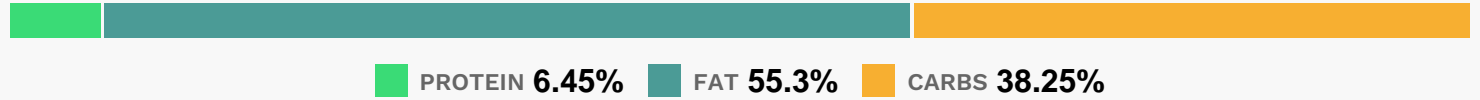
Equipment

- baking sheet
- sauce pan
- wax paper

Directions

- In a medium saucepan, combine the margarine, peanut butter, and chocolate chips. Cook over low heat, stirring frequently until melted.
- Remove from the heat and stir in cereal. Drop by spoonfuls onto wax paper or greased cookie sheets, and refrigerate until set.

Nutrition Facts



Properties

Glycemic Index:2.4, Glycemic Load:1.53, Inflammation Score:-2, Nutrition Score:3.0034782627354%

Nutrients (% of daily need)

Calories: 56.23kcal (2.81%), Fat: 3.61g (5.55%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.54g (1.65%), Sugar: 2.6g (2.88%), Cholesterol: 0.3mg (0.1%), Sodium: 35.22mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 0.95g (1.89%), Manganese: 0.2mg (10.24%), Iron: 1.27mg (7.07%), Folate: 23.39µg (5.85%), Magnesium: 18.72mg (4.68%), Fiber: 1.07g (4.3%), Copper: 0.08mg (4.23%), Vitamin B3: 0.78mg (3.88%), Phosphorus: 32.76mg (3.28%), Vitamin B6: 0.06mg (3.22%), Selenium: 2.22µg (3.18%), Vitamin B1: 0.05mg (3.13%), Vitamin B2: 0.05mg (3.06%), Vitamin B12: 0.18µg (2.95%), Vitamin A: 127.57IU (2.55%), Zinc: 0.33mg (2.22%), Potassium: 54.13mg (1.55%), Vitamin E: 0.21mg (1.42%)