

FrankenMallows

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

READY IN



140 min.

SERVINGS



20

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 sticks suggested decorations: baker's angel flake coconut whole ring-shaped toasted
- 25 marshmallows jet-puffed divided
- 4 oz baker's semi-sweet chocolate (6 oz.)

Equipment

- ziploc bags

Directions

- Melt chocolate as directed on package. Dip 20 marshmallows, 1 at a time, in chocolate, turning to evenly coat each marshmallow. Gently shake off excess chocolate.
- Place marshmallows, in single layer, on sheets of waxed paper. Reserve remaining melted chocolate for decorating. (NOTE: If decorating coated marshmallows with coconut hair, place 1/2 cup coconut in small resealable plastic bag.
- Add 2 drops each green and yellow food coloring; seal bag. Shake to evenly tint coconut. Arrange on tops of coated marshmallows. If desired, pinch coconut into a mohawk cut before placing on marshmallows.)
- Let marshmallows stand at room temperature 2 hours or until chocolate is firm.
- Cut each of the remaining marshmallows crosswise into 4 pieces with clean kitchen shears.
- Cut v-shaped notch out of each piece for the shoes. Dip cut-sides in colored sugar. Attach 1 notched marshmallow to bottom of each chocolate-covered marshmallow with a dab of the remaining melted chocolate.
- Cut pretzels into 1/4-inch lengths. Insert 1 pretzel piece into each cereal ring; insert 2 pretzels into opposite side of each marshmallow, securing each with a dab of melted chocolate. For eyes, nose, scars and other hair styles: Decorate marshmallows with remaining ingredients as desired.

Nutrition Facts



Properties

Glycemic Index:3.03, Glycemic Load:4.3, Inflammation Score:-1, Nutrition Score:0.90956520418758%

Nutrients (% of daily need)

Calories: 60.98kcal (3.05%), Fat: 2.22g (3.42%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 10.1g (3.37%), Net Carbohydrates: 9.63g (3.5%), Sugar: 7.13g (7.92%), Cholesterol: 0.34mg (0.11%), Sodium: 7.59mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 0.51g (1.02%), Copper: 0.08mg (3.98%), Manganese: 0.08mg (3.86%), Magnesium: 10.2mg (2.55%), Iron: 0.38mg (2.11%), Fiber: 0.47g (1.88%), Phosphorus: 15.54mg (1.55%), Zinc: 0.15mg (1.03%)