



Gridiron Greats

 Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

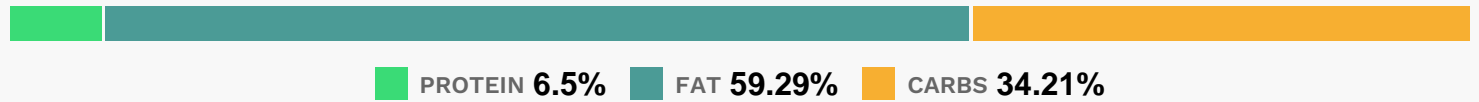
- 0.5 cup creamy peanut butter
- 1 cup baker's angel flake coconut
- 0.5 cup marshmallow crème jet-puffed
- 48 ritz crackers
- 1.3 cups semi-sweet chocolate chips melted

Equipment

Directions

- Spread 1 tsp. peanut butter on each of 24 of the crackers.
- Spread 1 tsp. marshmallow cream on each of the remaining 24 crackers. Cover each peanut butter-topped cracker with one marshmallow-topped cracker, marshmallow-side down, to make sandwich.
- Dip sandwiches halfway into melted chocolate, then in coconut.
- Place on large sheet of waxed paper; let stand until chocolate is firm.
- Store in airtight container at room temperature for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:0.58, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:3.8039130204074%

Nutrients (% of daily need)

Calories: 145.91kcal (7.3%), Fat: 9.92g (15.26%), Saturated Fat: 4.9g (30.65%), Carbohydrates: 12.87g (4.29%), Net Carbohydrates: 11.17g (4.06%), Sugar: 6.29g (6.98%), Cholesterol: 0.55mg (0.18%), Sodium: 78.2mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.84mg (2.61%), Protein: 2.44g (4.89%), Manganese: 0.33mg (16.46%), Copper: 0.17mg (8.6%), Magnesium: 29.45mg (7.36%), Fiber: 1.7g (6.81%), Phosphorus: 65.6mg (6.56%), Iron: 1.05mg (5.86%), Vitamin B3: 1.11mg (5.53%), Vitamin E: 0.77mg (5.12%), Vitamin K: 3.68µg (3.51%), Zinc: 0.49mg (3.24%), Potassium: 108.37mg (3.1%), Selenium: 1.92µg (2.74%), Vitamin B1: 0.04mg (2.6%), Folate: 9.26µg (2.32%), Vitamin B6: 0.04mg (2.06%), Vitamin B2: 0.03mg (2.01%), Calcium: 18.45mg (1.84%), Vitamin B5: 0.13mg (1.35%)