



Hot Chocolate with Peppermint Muddy Buddies Marshmallow Bites

READY IN



80 min.

SERVINGS



4

CALORIES



677 kcal

BEVERAGE

DRINK

Ingredients

- 2.8 cups marshmallows miniature (from 10.5-oz bag)
- 2 tablespoons butter
- 10.5 oz asian rice cracker snack mix chex mix® muddy buddies®
- 2 tablespoons sugar
- 2 tablespoons cocoa powder unsweetened
- 2.5 cups milk
- 0.3 cup chocolate chips dark
- 1 teaspoon vanilla

- 1 serving garnish: whipped cream sweetened
- 1 serving sprinkles
- 0.5 cup frangelico

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- aluminum foil
- cookie cutter
- microwave
- skewers

Directions

- Butter square pan, 9x9x2 inches.
- Place marshmallows and butter in large microwavable bowl. Microwave uncovered on High about 1 minute or until mixture can be stirred smooth. Stir in cereal. Press in pan.
- Let stand at room temperature about 1 hour or until firm.
- Cut into desired shapes such as cubes, squares or rectangles. Or, use small cookie cutters (spray with cooking spray) to cut into festive shapes such as gingerbread people, stars, holly leaves, trees, etc. Cover loosely with waxed paper or foil; set aside until serving time.
- In 2-quart saucepan, mix sugar and cocoa. Using wire whisk, gradually stir in milk and half-and-half until well blended. Cook and stir over medium heat until thoroughly heated (do not boil).
- Remove from heat.
- Add chocolate chips; stir constantly with whisk until chips are melted and mixture is smooth. Stir in vanilla. To serve, pour hot chocolate into 4 mugs or cups. Top with whipped cream and sprinkles. Thread desired number of marshmallow bites onto decorative skewer or pick and place in mugs.

Nutrition Facts

PROTEIN 7.97% FAT 29.29% CARBS 62.74%

Properties

Glycemic Index:55.9, Glycemic Load:23.89, Inflammation Score:-6, Nutrition Score:17.084782670374%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 676.51kcal (33.83%), Fat: 22.38g (34.44%), Saturated Fat: 9.01g (56.3%), Carbohydrates: 107.89g (35.96%), Net Carbohydrates: 102.18g (37.16%), Sugar: 44.99g (49.99%), Cholesterol: 22.53mg (7.51%), Sodium: 682.24mg (29.66%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Caffeine: 5.75mg (1.92%), Protein: 13.71g (27.42%), Manganese: 0.74mg (36.81%), Phosphorus: 318.81mg (31.88%), Vitamin B2: 0.48mg (28.1%), Calcium: 266.89mg (26.69%), Vitamin B1: 0.37mg (24.35%), Folate: 92.18µg (23.04%), Fiber: 5.7g (22.81%), Iron: 3.85mg (21.39%), Vitamin B3: 4.12mg (20.58%), Magnesium: 73.96mg (18.49%), Zinc: 2.46mg (16.38%), Vitamin B12: 0.96µg (16.05%), Potassium: 501.96mg (14.34%), Selenium: 9.69µg (13.84%), Copper: 0.28mg (13.79%), Vitamin B6: 0.26mg (12.8%), Vitamin K: 12.35µg (11.77%), Vitamin D: 1.68µg (11.22%), Vitamin A: 508.84IU (10.18%), Vitamin B5: 1.02mg (10.18%), Vitamin E: 1.21mg (8.08%)