



Jelly Bean Nests

READY IN



30 min.

SERVINGS



12

CALORIES



342 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.3 cup butter
- 4 cups chow mein noodles
- 2 cups marshmallows miniature

Equipment

- sauce pan
- muffin tray

Directions

- Butter a 12 cup muffin tin.
- Combine marshmallows and butter over medium heat in a saucepan; stir until the butter and marshmallows have melted. Stir in the chow mein noodles, coat well. Butter fingers and press the mixture into the bottom and sides of the prepared muffin tin. Refrigerate until firm.

Nutrition Facts



Properties

Glycemic Index:9.21, Glycemic Load:4.1, Inflammation Score:-1, Nutrition Score:1.5713043809747%

Nutrients (% of daily need)

Calories: 342.06kcal (17.1%), Fat: 5.26g (8.1%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 61.7g (20.57%), Net Carbohydrates: 57.46g (20.9%), Sugar: 6.21g (6.9%), Cholesterol: 10.17mg (3.39%), Sodium: 529.97mg (23.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.92%), Fiber: 4.24g (16.94%), Iron: 2.55mg (14.18%), Vitamin A: 118.18IU (2.36%)