



JET-PUFFED Marshmallow "Truffles"

 Gluten Free  Dairy Free  Low Fod Map

READY IN



130 min.

SERVINGS



10

CALORIES



176 kcal

SIDE DISH

Ingredients

- 0.3 cup multi-colored sprinkles
- 20 marshmallows jet-puffed
- 7 oz baker's semi-sweet dipping chocolate dark

Equipment

- microwave

Directions

- Microwave chocolate as directed on package.
- Dip marshmallows, 1 at a time, in chocolate, turning to evenly coat each marshmallow. Gently shake off excess chocolate.
- Place in single layer on sheet of waxed paper; top with sprinkles Refrigerate 20 min. or until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:6.88, Inflammation Score:-1, Nutrition Score:3.0647826243354%

Nutrients (% of daily need)

Calories: 176.34kcal (8.82%), Fat: 7.84g (12.06%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 25.54g (8.51%), Net Carbohydrates: 23.94g (8.71%), Sugar: 18.99g (21.1%), Cholesterol: 1.19mg (0.4%), Sodium: 13.18mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.07mg (5.69%), Protein: 1.47g (2.93%), Manganese: 0.26mg (13.2%), Copper: 0.26mg (13.06%), Magnesium: 35.21mg (8.8%), Iron: 1.29mg (7.15%), Fiber: 1.6g (6.41%), Phosphorus: 52.72mg (5.27%), Zinc: 0.53mg (3.54%), Potassium: 113.22mg (3.23%), Selenium: 1.9µg (2.72%), Vitamin K: 1.43µg (1.36%), Calcium: 12.72mg (1.27%)