

Marble Nut Clusters

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups nuts chopped
- 2 cups semi chocolate chips
- 1 ounce chocolate white melted

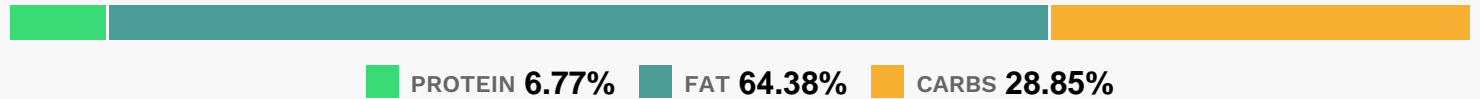
Equipment

- toothpicks
- microwave
- muffin liners

Directions

- Line 2 mini muffin pans with liners.
- Melt chocolate chips in microwave on high for 3 to 4 minutes. Stir in nuts.
- Drop chocolate nut mixture by teaspoonfuls into the muffin cups. Drip just a little melted white chocolate into the center of the cup. Using a toothpick, swirl the white chocolate through the chocolate. Cool, keep in fridge in air tight container.

Nutrition Facts



Properties

Glycemic Index:4.15, Glycemic Load:0.92, Inflammation Score:-2, Nutrition Score:4.1069565125458%

Nutrients (% of daily need)

Calories: 146.68kcal (7.33%), Fat: 10.76g (16.55%), Saturated Fat: 4.15g (25.97%), Carbohydrates: 10.84g (3.61%), Net Carbohydrates: 8.83g (3.21%), Sugar: 6.2g (6.89%), Cholesterol: 1.15mg (0.38%), Sodium: 3.64mg (0.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 12.9mg (4.3%), Protein: 2.54g (5.09%), Manganese: 0.37mg (18.66%), Copper: 0.3mg (15.15%), Magnesium: 46.79mg (11.7%), Fiber: 2.01g (8.05%), Phosphorus: 80.23mg (8.02%), Iron: 1.28mg (7.13%), Zinc: 0.75mg (4.99%), Potassium: 142.16mg (4.06%), Vitamin B3: 0.56mg (2.79%), Selenium: 1.31µg (1.88%), Calcium: 17.95mg (1.8%), Vitamin B2: 0.03mg (1.69%), Vitamin B6: 0.03mg (1.62%), Vitamin B5: 0.16mg (1.61%), Vitamin B1: 0.02mg (1.57%), Folate: 4.58µg (1.15%), Vitamin K: 1.19µg (1.13%)