



## Marshmallow Pops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



334 kcal

DESSERT

### Ingredients

- ☐ 12 craft sticks white
- ☐ 12 servings garnishes: candy sprinkles toasted chopped
- ☐ 10 oz marshmallows
- ☐ 12 oz semi-sweet chocolate chips
- ☐ 2 tablespoons shortening

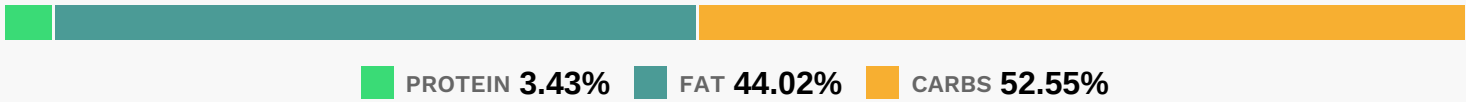
### Equipment

- ☐ sauce pan
- ☐ wax paper

# Directions

- ☐ Thread 2 marshmallows on each craft stick; set aside. Melt chocolate chips and shortening in a heavy saucepan over low heat, stirring constantly.
- ☐ Dip marshmallows into chocolate; sprinkle with favorite garnish. Cool on wax paper; store in regriferator.

## Nutrition Facts



## Properties

Glycemic Index:7.71, Glycemic Load:11.62, Inflammation Score:-2, Nutrition Score:4.8830434511537%

## Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 333.99kcal (16.7%), Fat: 16.55g (25.46%), Saturated Fat: 8.96g (56.02%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 41.69g (15.16%), Sugar: 33.45g (37.17%), Cholesterol: 3.95mg (1.32%), Sodium: 35.22mg (1.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 2.9g (5.81%), Manganese: 0.38mg (19.08%), Copper: 0.38mg (18.91%), Magnesium: 50.81mg (12.7%), Iron: 2.04mg (11.33%), Fiber: 2.76g (11.04%), Phosphorus: 76.56mg (7.66%), Zinc: 0.77mg (5.11%), Potassium: 172.32mg (4.92%), Vitamin K: 4.35µg (4.14%), Selenium: 2.8µg (4%), Calcium: 37.31mg (3.73%), Vitamin E: 0.31mg (2.06%), Vitamin B3: 0.27mg (1.34%), Vitamin A: 65.73IU (1.31%), Vitamin B5: 0.11mg (1.11%)