



Marshmallow Santas

 Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



324 kcal

SIDE DISH

Ingredients

- 10 small pretzel twists
- 20 large marshmallows
- 0.3 cup sugar red
- 40 chocolate chips miniature
- 0.5 cup coconut or shredded
- 0.3 teaspoon pink lady apples
- 10 cinnamon candies red
- 10 chocolate bar green red

- 5 large gumdrops green cut in half
- 20 m&m candies
- 5 oz frangelico (almond bark)

Equipment

- baking sheet
- baking paper
- toothpicks
- aluminum foil
- microwave
- skewers
- measuring cup

Directions

- Place cooking parchment paper or waxed paper on cookie sheet; place pretzels on paper for feet of Santas.
- In 1-cup microwavable measuring cup, microwave candy coating uncovered on High 35 seconds, stir. Continue heating 10 seconds at a time until smooth after stirring.
- Using wooden skewer inserted into 1 flat end of marshmallow, dip marshmallow into melted coating. Allow excess to drip off; sprinkle with red sugar, and place on top of pretzel.
- Place 2 miniature chocolate chips on front for buttons (where feet extend). Insert another marshmallow on skewer; dip again, allow excess to drip off.
- Sprinkle with coconut; sprinkle with small amount of pink sugar for face; add eyes (miniature chocolate chips) and nose (red cinnamon candy).
- Place on top of other marshmallow. Set aside to cool, or refrigerate. Repeat with remaining marshmallows.
- When coating is firm, attach hats (foil-wrapped chocolate candy bells) tassels (miniature marshmallows) and bags (gumdrop halves) with small amount of melted coating. Use toothpick to make small opening for arms (candy-coated chocolate candies); insert arms into marshmallows with small amount of melted coating.

Nutrition Facts

PROTEIN 4.2% FAT 40.75% CARBS 55.05%

Properties

Glycemic Index:35.66, Glycemic Load:20.96, Inflammation Score:-3, Nutrition Score:7.0982607395753%

Flavonoids

Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 324.49kcal (16.22%), Fat: 14.9g (22.92%), Saturated Fat: 8.94g (55.9%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 41.48g (15.08%), Sugar: 28.02g (31.14%), Cholesterol: 1.74mg (0.58%), Sodium: 98.68mg (4.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.4mg (7.47%), Protein: 3.45g (6.91%), Manganese: 0.66mg (33.17%), Copper: 0.54mg (26.79%), Iron: 3.84mg (21.31%), Magnesium: 67.2mg (16.8%), Fiber: 3.8g (15.2%), Phosphorus: 99.63mg (9.96%), Zinc: 1.04mg (6.93%), Potassium: 229.04mg (6.54%), Selenium: 2.89µg (4.12%), Vitamin B3: 0.64mg (3.22%), Calcium: 30.23mg (3.02%), Folate: 12.04µg (3.01%), Vitamin B2: 0.04mg (2.61%), Vitamin B1: 0.04mg (2.54%), Vitamin K: 2.22µg (2.12%), Vitamin B5: 0.15mg (1.51%), Vitamin E: 0.2mg (1.35%), Vitamin B12: 0.08µg (1.31%)