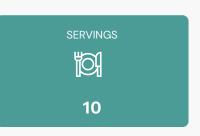


## **Marshmallow Santas**

airy Free

READY IN

70 min.





SIDE DISH

# Ingredients

io smail pretzei 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)
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Eq	uipment
	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**

#### **Properties**

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

#### **Flavonoids**

Epicatechin: O.01mg, Epicatechin: O.01mg, Epicatechin: O.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: Og (100%), Alcohol %: O% (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%)