



Marshmallow Truffles

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



140 min.

SERVINGS



20

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz marshmallows jet-puffed
- 0.7 cup planters pecans chopped
- 12 oz baker's semi-sweet chocolate chunks melted

Equipment

Directions

- Melt 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 marshmallows, in single layer, on sheets of waxed paper.
- Sprinkle with nuts.
- Let stand at room temperature 1-1/2 to 2 hours or until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:3.53, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:3.423478246707%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 166.37kcal (8.32%), Fat: 8.92g (13.72%), Saturated Fat: 3.96g (24.75%), Carbohydrates: 20.9g (6.97%), Net Carbohydrates: 19.21g (6.98%), Sugar: 14.54g (16.16%), Cholesterol: 1.02mg (0.34%), Sodium: 13.04mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.63mg (4.88%), Protein: 1.6g (3.2%), Manganese: 0.38mg (18.75%), Copper: 0.27mg (13.28%), Magnesium: 34.21mg (8.55%), Fiber: 1.69g (6.77%), Iron: 1.19mg (6.62%), Phosphorus: 54.5mg (5.45%), Zinc: 0.61mg (4.04%), Potassium: 110.68mg (3.16%), Selenium: 1.8µg (2.56%), Vitamin B1: 0.03mg (1.82%), Calcium: 13.28mg (1.33%), Vitamin K: 1.34µg (1.28%)