



Marshmallows dipped in chocolate



Gluten Free



Popular

READY IN



15 min.

SERVINGS



26

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 50 g chocolate white
- ☐ 50 g chocolate
- ☐ 200 g marshmallows
- ☐ 1 celery stalks

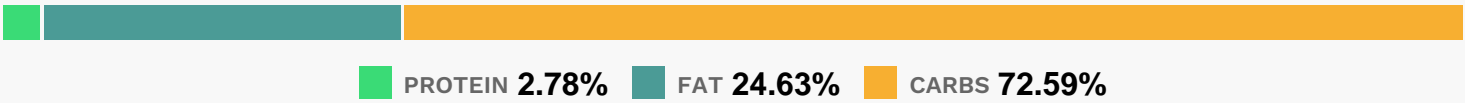
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Heat the chocolate in separate bowls over simmering water or on a low setting in the microwave. Allow to cool a little.
- ☐ Put your chosen sprinkles on separate plates. Push a cake pop or lolly stick into a marshmallow about half way in. Dip into the white or milk chocolate, allow the excess to drip off then dip into the sprinkles of your choice. Put into a tall glass to set. Repeat with each marshmallow.

Nutrition Facts



Properties

Glycemic Index:7.89, Glycemic Load:5.02, Inflammation Score:0, Nutrition Score:0.31130434645583%

Nutrients (% of daily need)

Calories: 44.6kcal (2.23%), Fat: 1.29g (1.99%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 8.44g (3.07%), Sugar: 6.56g (7.29%), Cholesterol: 0.4mg (0.13%), Sodium: 8.32mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%)