



Maxime Bilet's "Exploding" Chocolate

READY IN



70 min.

SERVINGS



12

CALORIES



143 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter ()
- 10 ounces chocolate chopped
- 1 cup popped popcorn unflavored rocks-style your favorite (, or pick flavor)
- 0.5 cup rice cereal crushed

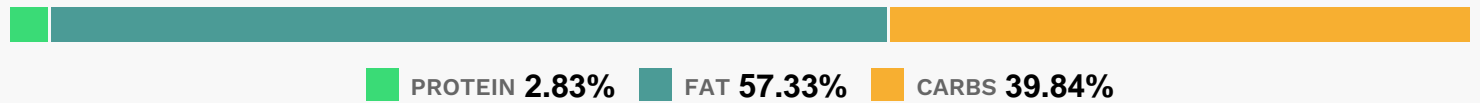
Equipment

- bowl
- baking sheet
- microwave

Directions

- Line a baking sheet with a silicone baking mat or waxed paper; set aside.
- Place the chocolate and butter in a microwave-safe bowl and heat in the microwave, stirring every 30 seconds, until just melted and smooth. Fold the Pop Rocks and cereal into the chocolate mixture until evenly combined.
- Spread onto the prepared baking sheet in an even layer.
- Let sit at room temperature until set, about 1 to 2 hours. Break into pieces and serve.

Nutrition Facts



Properties

Glycemic Index:13.24, Glycemic Load:5.91, Inflammation Score:-1, Nutrition Score:2.2047825996643%

Nutrients (% of daily need)

Calories: 143.03kcal (7.15%), Fat: 10.02g (15.42%), Saturated Fat: 5.95g (37.19%), Carbohydrates: 15.67g (5.22%), Net Carbohydrates: 14.22g (5.17%), Sugar: 12.17g (13.52%), Cholesterol: 5.02mg (1.67%), Sodium: 18.9mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.59mg (5.2%), Protein: 1.11g (2.23%), Magnesium: 28.3mg (7.07%), Copper: 0.14mg (6.99%), Manganese: 0.13mg (6.35%), Fiber: 1.44g (5.77%), Phosphorus: 39.49mg (3.95%), Iron: 0.7mg (3.91%), Vitamin B2: 0.06mg (3.55%), Zinc: 0.39mg (2.62%), Potassium: 72.99mg (2.09%), Vitamin K: 1.66µg (1.58%), Vitamin A: 60.11IU (1.2%), Selenium: 0.77µg (1.09%), Vitamin B3: 0.21mg (1.04%)