



Muddy Buddies® Double Almond Peppermint Bark

READY IN



75 min.

SERVINGS



20

CALORIES



218 kcal

Ingredients

- ☐ 20 oz candy coating disks cut into pieces (almond bark)
- ☐ 1 cup marshmallows miniature
- ☐ 0.3 cup butter
- ☐ 0.5 cup cranberries dried sweetened
- ☐ 0.5 teaspoon almond extract
- ☐ 1.5 cups asian rice cracker snack mix crushed chex mix® muddy buddies®

Equipment

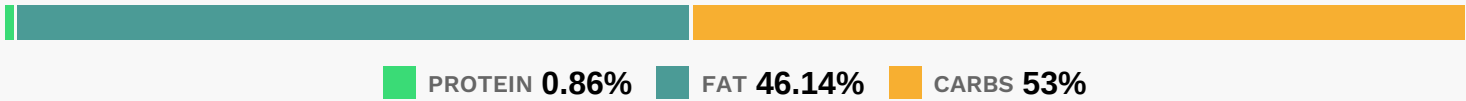
- ☐ baking sheet

- ☐ sauce pan
- ☐ rolling pin

Directions

- ☐ In 2-quart saucepan, melt almond bark over medium heat.
- ☐ Add marshmallows and butter.
- ☐ Heat until melted and smooth, stirring occasionally (mixture will be thick). Stir in cranberries, almond extract and snack mix.
- ☐ Mixture will be stiff.
- ☐ Using rolling pin, roll mixture between 2 sheets of waxed paper 1/2 to 3/4 inch thick (mixture will be warm); remove top sheet of waxed paper. Slide bottom sheet and bark onto cookie sheet, if desired. Refrigerate 30 to 45 minutes or until set.
- ☐ Cut into pieces.

Nutrition Facts



Properties

Glycemic Index:5.53, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:0.77739130648906%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 218.41kcal (10.92%), Fat: 10.87g (16.73%), Saturated Fat: 9.63g (60.2%), Carbohydrates: 28.1g (9.37%), Net Carbohydrates: 27.68g (10.07%), Sugar: 24.22g (26.92%), Cholesterol: 6.27mg (2.09%), Sodium: 58.9mg (2.56%), Alcohol: 0.03g (100%), Alcohol %: 0.11% (100%), Protein: 0.46g (0.92%), Manganese: 0.04mg (2.22%), Fiber: 0.42g (1.66%), Vitamin A: 70.91IU (1.42%), Folate: 5.29µg (1.32%), Vitamin B3: 0.24mg (1.2%), Iron: 0.21mg (1.16%), Vitamin E: 0.17mg (1.15%), Vitamin B1: 0.02mg (1.07%), Vitamin K: 1.07µg (1.02%)