



Muddy Buddies® Hazelnut Peppermint Pops

READY IN



40 min.

SERVINGS



16

CALORIES



140 kcal

DESSERT

Ingredients

- ☐ 16 celery stalks
- ☐ 2 cups asian rice cracker snack mix crushed chex mix® muddy buddies®
- ☐ 0.7 cup nutella with cocoa
- ☐ 16 large marshmallows
- ☐ 0.3 cup milk chocolate chips

Equipment

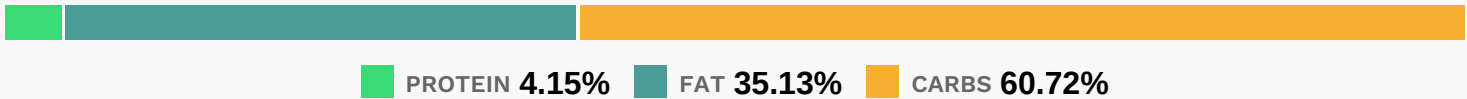
- ☐ bowl
- ☐ baking sheet

- ☐ microwave
- ☐ lollipop sticks

Directions

- ☐ Line cookie sheet with waxed paper. In medium microwavable bowl, microwave hazelnut spread and milk chocolate chips uncovered on High about 30 seconds or until mixture can be stirred smooth.
- ☐ Place snack mix in shallow dish.
- ☐ Insert lollipop sticks into marshmallows; dip into chocolate mixture.
- ☐ Roll in snack mix to coat almost completely.
- ☐ Place on cookie sheet.
- ☐ Refrigerate about 30 minutes or until chocolate is set.

Nutrition Facts



Properties

Glycemic Index:7.61, Glycemic Load:5.55, Inflammation Score:-1, Nutrition Score:2.4986956236155%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 139.98kcal (7%), Fat: 5.53g (8.51%), Saturated Fat: 4.34g (27.13%), Carbohydrates: 21.51g (7.17%), Net Carbohydrates: 20.34g (7.4%), Sugar: 13.51g (15.01%), Cholesterol: 0.29mg (0.1%), Sodium: 64.39mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Manganese: 0.17mg (8.65%), Iron: 0.89mg (4.95%), Vitamin E: 0.7mg (4.68%), Fiber: 1.17g (4.67%), Copper: 0.08mg (3.95%), Phosphorus: 32.85mg (3.28%), Magnesium: 12.28mg (3.07%), Folate: 11.89µg (2.97%), Vitamin B2: 0.05mg (2.74%), Potassium: 87.49mg (2.5%), Vitamin B1: 0.04mg (2.49%), Vitamin K: 2.48µg (2.36%), Vitamin B3: 0.44mg (2.19%), Calcium: 21.61mg (2.16%), Zinc: 0.26mg (1.74%), Selenium: 1.09µg (1.56%), Vitamin B6: 0.03mg (1.37%)