



## Muddy Buddies® Snickerdoodle Snowballs

READY IN



30 min.

SERVINGS



16

CALORIES



362 kcal

DESSERT

### Ingredients

- 4 oz baker's chocolate white
- 3 tablespoons butter softened cut into pieces,
- 4 cups asian rice cracker snack mix crushed chex mix® muddy buddies®
- 10.5 oz marshmallows miniature
- 4 cups popped popcorn
- 2 teaspoons shortening
- 16 servings sugar
- 16 servings vegetable oil

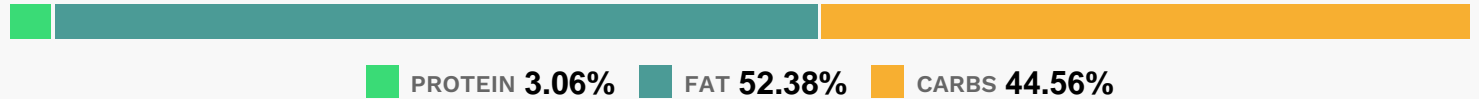
## Equipment

- bowl
- baking sheet
- microwave

## Directions

- Line cookie sheet with waxed paper. In large microwavable bowl, microwave marshmallows and butter uncovered on High about 2 minutes, stirring every 30 seconds, until melted.
- Stir in popcorn and snack mix. Grease hands with vegetable oil. For each snowball, shape 1/3 cup mixture into ball.
- Place balls on cookie sheet to set.
- In small microwavable bowl, microwave white chocolate and shortening uncovered on High about 2 minutes, stirring every 30 seconds, until melted.
- Drizzle over top one-third of each ball to look like snow.
- Sprinkle with coarse sugar.

## Nutrition Facts



## Properties

Glycemic Index:15.43, Glycemic Load:18.67, Inflammation Score:-3, Nutrition Score:6.3391304387023%

## Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

## Nutrients (% of daily need)

Calories: 361.6kcal (18.08%), Fat: 22.1g (34%), Saturated Fat: 6.19g (38.68%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 39.88g (14.5%), Sugar: 23.85g (26.5%), Cholesterol: 6.22mg (2.07%), Sodium: 134.75mg (5.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.67mg (1.89%), Protein: 2.91g (5.82%), Vitamin K: 29.11µg (27.72%), Manganese: 0.45mg (22.37%), Copper: 0.28mg (13.97%), Iron: 2.01mg (11.17%), Fiber: 2.43g (9.74%), Vitamin E: 1.42mg (9.48%), Magnesium: 34.96mg (8.74%), Zinc: 1.02mg (6.8%), Phosphorus: 64.96mg (6.5%), Folate: 20.36µg (5.09%), Vitamin B3: 0.91mg (4.53%), Vitamin B1: 0.07mg (4.36%), Vitamin B2: 0.06mg (3.44%),

Selenium: 2µg (2.86%), Potassium: 99.98mg (2.86%), Vitamin B6: 0.03mg (1.74%), Calcium: 15.91mg (1.59%),  
Vitamin A: 70.99IU (1.42%), Vitamin B5: 0.1mg (1.01%)