

Munchable Mice

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



943 kcal

SIDE DISH

Ingredients

- ☐ 48 slices almonds
- ☐ 6 servings chocolate icing white red
- ☐ 24 maraschino cherries with stems, well drained
- ☐ 24 chocolate
- ☐ 6 oz bittersweet chocolate
- ☐ 2 teaspoons shortening

Equipment

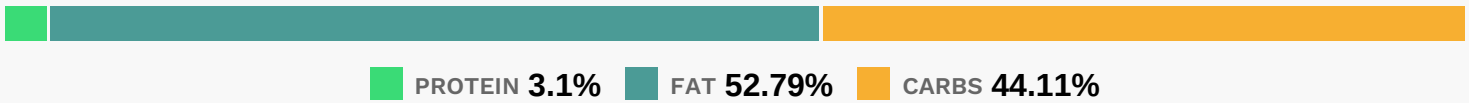
- ☐ double boiler

wax paper

Directions

Melt chocolate chips and shortening in a double boiler over low heat; stir until smooth. To make each mouse, hold a cherry by the stem and dip into melted chocolate mixture. Set on wax paper; press a chocolate drop onto opposite side of cherry from stem. For ears, insert 2 almond slices between cherry and chocolate drop. If desired, pipe 2 white icing dots with red icing centers for eyes. Cover; keep refrigerated. Makes 2 dozen.

Nutrition Facts



Properties

Glycemic Index:15.93, Glycemic Load:34.44, Inflammation Score:-6, Nutrition Score:16.934782529655%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 942.87kcal (47.14%), Fat: 59.38g (91.35%), Saturated Fat: 30.29g (189.31%), Carbohydrates: 111.65g (37.22%), Net Carbohydrates: 101.58g (36.94%), Sugar: 93.84g (104.27%), Cholesterol: 1.7mg (0.57%), Sodium: 73.22mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 98.3mg (32.77%), Protein: 7.84g (15.69%), Manganese: 1.11mg (55.71%), Copper: 1.11mg (55.38%), Magnesium: 199.14mg (49.78%), Fiber: 10.07g (40.27%), Iron: 5.31mg (29.51%), Phosphorus: 282.47mg (28.25%), Vitamin B2: 0.46mg (26.97%), Vitamin E: 3.05mg (20.3%), Zinc: 2.75mg (18.35%), Potassium: 557.9mg (15.94%), Vitamin K: 13.91µg (13.25%), Selenium: 5.91µg (8.45%), Calcium: 77.63mg (7.76%), Vitamin B3: 1.34mg (6.7%), Vitamin B6: 0.07mg (3.49%), Vitamin B1: 0.05mg (3.4%), Vitamin B5: 0.24mg (2.39%), Folate: 9.12µg (2.28%)