



No-Bake Peanutty Clusters

 Dairy Free

READY IN



70 min.

SERVINGS



36

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz bittersweet chocolate (2 cups)
- ☐ 2 cups chow mein noodles or any ready-to-eat cereal
- ☐ 1 cup peanuts

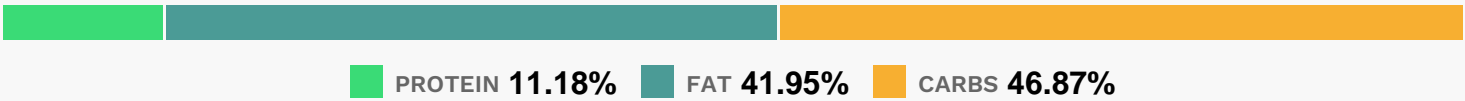
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐
- In large microwavable bowl, microwave chocolate chips uncovered on High 1 minute, stirring after 30 seconds, until softened; stir until smooth. (If not completely softened, continue microwaving 15 seconds at a time, stirring after each microwave time, until smooth.)
- ☐
- Stir noodles and peanuts into chocolate until well coated. Drop by teaspoonfuls onto waxed paper. Refrigerate about 1 hour or until firm. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.4, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.7165217321852%

Nutrients (% of daily need)

Calories: 124.77kcal (6.24%), Fat: 5.87g (9.03%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 12.9g (4.69%), Sugar: 3.7g (4.12%), Cholesterol: 0.57mg (0.19%), Sodium: 83.99mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 3.52g (7.03%), Manganese: 0.23mg (11.61%), Copper: 0.15mg (7.72%), Fiber: 1.85g (7.38%), Iron: 1.18mg (6.54%), Magnesium: 24.26mg (6.06%), Phosphorus: 40.31mg (4.03%), Vitamin B3: 0.73mg (3.63%), Folate: 9.73µg (2.43%), Potassium: 83.75mg (2.39%), Zinc: 0.34mg (2.24%), Vitamin B1: 0.03mg (2.03%), Selenium: 1.09µg (1.55%), Calcium: 10.16mg (1.02%)