



Nutty Caramel Marshmallow Pops

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



224 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 25 caramels kraft
- 30 marshmallows jet-puffed
- 1 cup planters lightly roasted peanuts salted dry finely chopped
- 0.5 cup condensed milk sweetened canned

Equipment

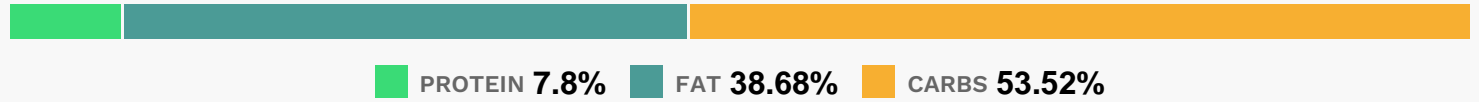
- bowl
- baking sheet

- microwave
- lollipop sticks

Directions

- Microwave caramels, milk and butter in microwaveable bowl on HIGH 2 min. or until caramels are completely melted and sauce is well blended, stirring after each minute.
- Insert lollipop stick into 1 marshmallow; dip in caramel sauce, then in nuts.
- Place on waxed-paper covered baking sheet.
- Repeat with remaining marshmallows, sauce and nuts.
- Let stand 20 min. or until caramel coating is firm.

Nutrition Facts



Properties

Glycemic Index:15.77, Glycemic Load:18.61, Inflammation Score:-2, Nutrition Score:3.6704347982355%

Nutrients (% of daily need)

Calories: 224.41kcal (11.22%), Fat: 10.11g (15.55%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 31.46g (10.49%), Net Carbohydrates: 30.58g (11.12%), Sugar: 24.53g (27.26%), Cholesterol: 12.77mg (4.26%), Sodium: 131.46mg (5.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Manganese: 0.23mg (11.64%), Phosphorus: 84.5mg (8.45%), Vitamin B3: 1.51mg (7.56%), Calcium: 63.03mg (6.3%), Vitamin B2: 0.09mg (5.58%), Magnesium: 22.19mg (5.55%), Potassium: 150.65mg (4.3%), Copper: 0.08mg (4.12%), Selenium: 2.82µg (4.02%), Vitamin B1: 0.06mg (3.84%), Folate: 14.31µg (3.58%), Fiber: 0.88g (3.52%), Vitamin B5: 0.32mg (3.2%), Vitamin A: 128.78IU (2.58%), Zinc: 0.37mg (2.49%), Vitamin B6: 0.04mg (2%), Vitamin B12: 0.1µg (1.69%), Iron: 0.3mg (1.65%), Vitamin E: 0.18mg (1.21%)