



## Nutty Mallow Bites

 Dairy Free

READY IN



15 min.

SERVINGS



24

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tbsp butter
- 1 cup planters cashews chopped
- 0.5 cup cherries dried
- 10 oz marshmallows jet-puffed miniature ( 6 cups)
- 11 oz vanilla wafers crushed ( 5 cups)

### Equipment

- bowl
- frying pan

aluminum foil

microwave

## Directions

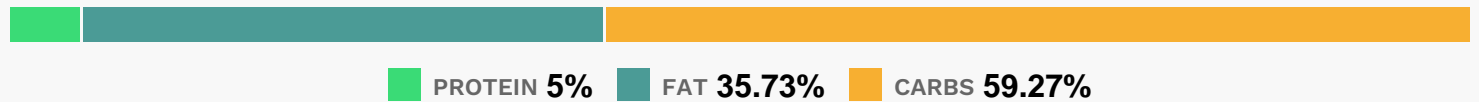
Line 13x9-inch pan with foil, with ends of foil extending over sides; spray with cooking spray.

Microwave butter in large microwaveable bowl on HIGH 45 sec. or until melted.

Add marshmallows; toss to coat. Microwave 1-1/2 min. or until marshmallows are completely melted and mixture is well blended, stirring every 45 sec.

Add remaining ingredients; mix well. Press onto bottom of prepared pan; cool. Use foil handles to lift dessert from pan; cut into 1-inch squares.

## Nutrition Facts



## Properties

Glycemic Index:6.78, Glycemic Load:13.34, Inflammation Score:-2, Nutrition Score:2.1308695443137%

## Nutrients (% of daily need)

Calories: 147.93kcal (7.4%), Fat: 6.05g (9.31%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 21.97g (7.99%), Sugar: 12.53g (13.93%), Cholesterol: 0.13mg (0.04%), Sodium: 79.24mg (3.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.81%), Copper: 0.13mg (6.47%), Vitamin B1: 0.08mg (5.17%), Manganese: 0.09mg (4.5%), Magnesium: 15.98mg (4%), Phosphorus: 38.68mg (3.87%), Folate: 12.91µg (3.23%), Vitamin A: 152.24IU (3.04%), Fiber: 0.61g (2.43%), Iron: 0.43mg (2.37%), Zinc: 0.32mg (2.1%), Vitamin B3: 0.4mg (2.02%), Vitamin B2: 0.03mg (1.99%), Selenium: 1.27µg (1.81%), Vitamin K: 1.83µg (1.75%), Potassium: 47.72mg (1.36%), Vitamin B6: 0.02mg (1.15%)