



Peanut Butter and Chocolate Dipped Pretzels

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup creamy peanut butter
- ☐ 30 braided honey-wheat pretzel twists (such as Snyder's of Hanover)
- ☐ 4 ounces bittersweet chocolate chopped

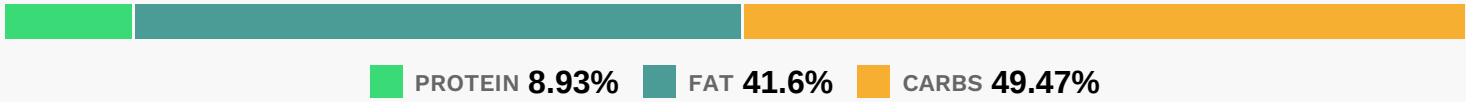
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ microwave

Directions

- ☐ Line a jelly-roll pan with parchment paper.
- ☐ Place chocolate in a small microwave-safe bowl. Microwave at HIGH 1 minute or until chocolate melts, stirring every 15 seconds. Stir in peanut butter until smooth. Working with 1 pretzel at a time, dip and roll 1 end of pretzel in chocolate mixture to coat.
- ☐ Place pretzel on prepared pan. Repeat procedure with remaining pretzels and chocolate mixture.
- ☐ Place in freezer for 30 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:11.66, Inflammation Score:-3, Nutrition Score:5.0756521866373%

Nutrients (% of daily need)

Calories: 173.28kcal (8.66%), Fat: 8.17g (12.57%), Saturated Fat: 3.22g (20.13%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 20.03g (7.28%), Sugar: 5.24g (5.82%), Cholesterol: 0.68mg (0.23%), Sodium: 252mg (10.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.75mg (3.25%), Protein: 3.95g (7.89%), Manganese: 0.41mg (20.64%), Copper: 0.2mg (9.83%), Folate: 38.13µg (9.53%), Vitamin B3: 1.9mg (9.51%), Iron: 1.65mg (9.18%), Magnesium: 36.08mg (9.02%), Phosphorus: 74.39mg (7.44%), Fiber: 1.83g (7.32%), Vitamin B1: 0.09mg (5.92%), Vitamin E: 0.74mg (4.93%), Vitamin B2: 0.08mg (4.57%), Zinc: 0.65mg (4.34%), Potassium: 140.81mg (4.02%), Selenium: 2.01µg (2.87%), Vitamin B6: 0.05mg (2.29%), Vitamin B5: 0.16mg (1.63%), Calcium: 15.05mg (1.51%), Vitamin K: 1.34µg (1.28%)