



Peppermint Chocolate Coated Pretzels



Dairy Free



Popular

READY IN



20 min.

SERVINGS



24

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup peppermint candy cane crushed
- ☐ 1 cup chocolate dark chopped
- ☐ 24 small pretzels

Equipment

- ☐ wire rack
- ☐ double boiler
- ☐ baking pan
- ☐ wax paper

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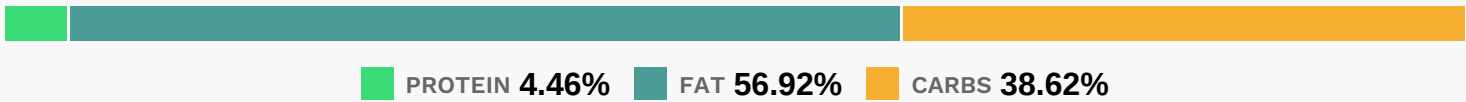
microwave

Directions

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Melt the chocolate in a microwave or in a double boiler.Dip the pretzels in the chocolate, shake off any excess, dip in the crushed candy cane, shake off any excess and place on wax paper, a no stick baking pan or on a wire rack to cool.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:1.6960869416109%

Nutrients (% of daily need)

Calories: 100.97kcal (5.05%), Fat: 6.55g (10.07%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 9.16g (3.33%), Sugar: 7.37g (8.19%), Cholesterol: 0.22mg (0.07%), Sodium: 19.97mg (0.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.83mg (1.94%), Protein: 1.15g (2.31%), Manganese: 0.15mg (7.57%), Copper: 0.13mg (6.52%), Iron: 0.91mg (5.08%), Magnesium: 16.92mg (4.23%), Fiber: 0.83g (3.32%), Phosphorus: 23.74mg (2.37%), Calcium: 20.38mg (2.04%), Zinc: 0.25mg (1.68%), Potassium: 54.37mg (1.55%)