



Peppermint-Coated Pretzels

READY IN



45 min.

SERVINGS



13

CALORIES



632 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounce chocolate white
- ☐ 16 ounce peppermint candies hard divided crushed finely (2 cups)
- ☐ 0.5 teaspoon peppermint extract
- ☐ 16 ounce pretzel nuggets with snyder's of hanover sourdough pretzel nuggets)
- ☐ 32 ounce vanilla coarsely chopped
- ☐ 2 cups chocolate chips white (12-ounce package)

Equipment

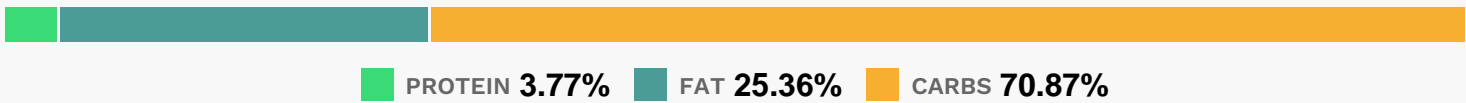
- ☐ wax paper

- ☐ rolling pin
- ☐ slow cooker

Directions

- ☐ Combine first 4 ingredients in a 4-quart slow cooker.
- ☐ Cover and cook on LOW 2 hours. Stir chocolate mixture; add 1 1/4 cups crushed peppermint candies and peppermint extract, stirring well to coat.
- ☐ Drop pretzel mixture by heaping tablespoons onto wax paper.
- ☐ Sprinkle remaining 3/4 cup crushed peppermint candies evenly on pieces before they set.
- ☐ Let stand until firm.
- ☐ Holiday Gift: These pretzels, with their festive candy coating, make great gifts around the holidays.
- ☐ Place the peppermints in a zip-top freezer bag, and crush with a rolling pin. Take your time when crushing the peppermints--you don't want large pieces or fine crumbs.

Nutrition Facts



Properties

Glycemic Index:16.15, Glycemic Load:38.14, Inflammation Score:-1, Nutrition Score:3.2243477818759%

Nutrients (% of daily need)

Calories: 631.58kcal (31.58%), Fat: 12.92g (19.87%), Saturated Fat: 7.66g (47.9%), Carbohydrates: 81.21g (27.07%), Net Carbohydrates: 80.67g (29.33%), Sugar: 56.52g (62.8%), Cholesterol: 10.02mg (3.34%), Sodium: 376.12mg (16.35%), Alcohol: 24.06g (100%), Alcohol %: 17.31% (100%), Protein: 4.31g (8.63%), Vitamin B2: 0.17mg (9.95%), Calcium: 89.65mg (8.96%), Manganese: 0.16mg (8.19%), Phosphorus: 68.29mg (6.83%), Potassium: 207.65mg (5.93%), Copper: 0.07mg (3.61%), Vitamin B12: 0.2µg (3.4%), Magnesium: 12.76mg (3.19%), Vitamin K: 3.31µg (3.16%), Vitamin B3: 0.57mg (2.84%), Vitamin B5: 0.25mg (2.46%), Selenium: 1.64µg (2.34%), Vitamin E: 0.35mg (2.33%), Zinc: 0.35mg (2.31%), Fiber: 0.55g (2.19%), Vitamin B1: 0.03mg (2.04%), Vitamin B6: 0.04mg (1.93%)