



WHATSheATE



Pretzel popcorn squares



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 300 g marshmallows
- ☐ 140 g popped popcorn plain
- ☐ 200 g pretzels roughly chopped

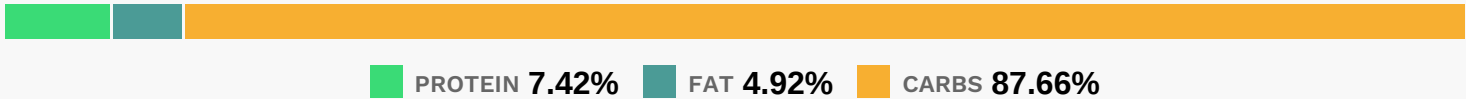
Equipment

- ☐ sauce pan
- ☐ knife
- ☐ baking pan

Directions

- ☐ Put marshmallows in a saucepan and melt, stirring continuously. Stir in popcorn and pretzels.
- ☐ Pour into a roughly 23 x 33cm baking tray lined with baking parchment, and chill to set.
- ☐ Cut into squares with a sharp knife to serve.

Nutrition Facts



Properties

Glycemic Index:17.49, Glycemic Load:27.84, Inflammation Score:-2, Nutrition Score:3.6069565519043%

Nutrients (% of daily need)

Calories: 188.65kcal (9.43%), Fat: 1.07g (1.64%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 40.53g (14.74%), Sugar: 14.87g (16.52%), Cholesterol: 0mg (0%), Sodium: 227.6mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Manganese: 0.29mg (14.37%), Fiber: 2.28g (9.13%), Folate: 34.03µg (8.51%), Iron: 1.19mg (6.63%), Phosphorus: 65.1mg (6.51%), Vitamin B3: 1.17mg (5.84%), Vitamin B1: 0.08mg (5.54%), Magnesium: 22.13mg (5.53%), Copper: 0.08mg (4.04%), Vitamin B2: 0.07mg (3.84%), Zinc: 0.54mg (3.62%), Potassium: 76.8mg (2.19%), Selenium: 1.16µg (1.65%), Vitamin B6: 0.03mg (1.57%), Vitamin B5: 0.12mg (1.17%)