



## Pretzel Turtles

READY IN



15 min.

SERVINGS



24

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 24 individually wrapped caramels whole
- 8 ounces chocolate good melted
- 24 pecans whole
- 24 pretzel twists whole

## Equipment

- frying pan
- baking sheet
- baking paper

oven

## Directions

Preheat oven to 325 degrees.

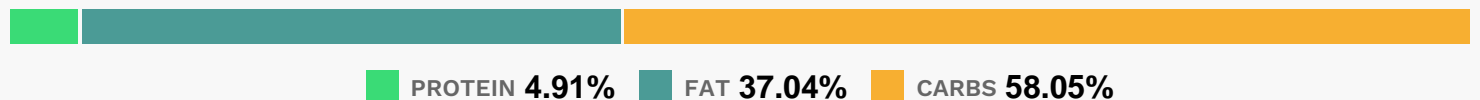
Place the pecan halves in a single layer on a baking sheet and put in the oven for 5 to 6 minutes, shaking the pan once halfway through, until they're lightly toasted.

Remove them after they're toasted and put them on a plate to cool. Line the baking sheet with parchment paper or a silicone baking mat. Arrange the pretzels neatly on the pan, then top each pretzel with an unwrapped caramel.

Place the pan into the oven for 4 to 5 minutes, or until the caramels are softened (but definitely not melting.)

Remove the pan from the oven. Gently press a pecan half onto each caramel, just enough for the caramel to fill the pretzel. Set them aside to cool completely. Meanwhile, melt the chocolate. When the pretzel/caramels are cooled, remove them from the baking sheet. Spoon small dollops (1 1/2 teaspoon helpings) of chocolate all over the baking mat, then lightly drop each pretzel onto the middle of each dollop, making sure they're centered. Allow them to cool completely before serving (you can hasten this along in the fridge.) Variation: Spoon a little melted chocolate all over the tops of the turtles to cover the whole thing in chocolate.

## Nutrition Facts



## Properties

Glycemic Index:8.36, Glycemic Load:11.06, Inflammation Score:-1, Nutrition Score:2.191739142265%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

## Nutrients (% of daily need)

Calories: 118.82kcal (5.94%), Fat: 5.23g (8.04%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 17.57g (6.39%), Sugar: 11.6g (12.89%), Cholesterol: 0.7mg (0.23%), Sodium: 100.41mg (4.37%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.24mg (2.08%), Protein: 1.56g (3.11%), Manganese: 0.17mg (8.34%), Vitamin B2: 0.07mg (4.12%), Copper: 0.08mg (4.11%), Magnesium: 15.81mg (3.95%), Phosphorus: 36.85mg (3.68%), Fiber: 0.86g (3.43%), Iron: 0.58mg (3.25%), Vitamin B1: 0.05mg (3.12%), Folate: 11.85µg (2.96%), Zinc: 0.31mg (2.08%), Vitamin B3: 0.41mg (2.05%), Potassium: 67.92mg (1.94%), Calcium: 18.67mg (1.87%), Selenium: 0.76µg (1.09%), Vitamin B5: 0.1mg (1.01%)