



Quinoa Chocolate Treats



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



1032 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.5 cup butter
- ☐ 2 cups chocolate chips
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup marshmallows
- ☐ 3 drops peppermint extract
- ☐ 3 cups quinoa rinsed uncooked

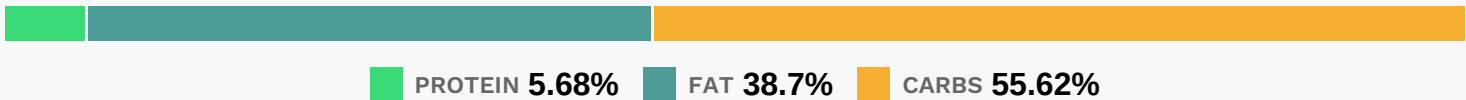
Equipment

- ☐ sauce pan
- ☐ baking pan

Directions

- ☐ Grease a baking tray.
- ☐ Heat the chocolate chips, cinnamon, brown sugar, butter, and peppermint extract together in a large saucepan over low heat; cook and stir until the mixture forms a smooth liquid. Fold the quinoa and marshmallows into the chocolate mixture until evenly distributed; immediately spread into the prepared tray. Allow to cool completely before cutting into triangles to serve.

Nutrition Facts



Properties

Glycemic Index:23.1, Glycemic Load:7.39, Inflammation Score:-8, Nutrition Score:22.896521512905%

Nutrients (% of daily need)

Calories: 1031.57kcal (51.58%), Fat: 45.21g (69.56%), Saturated Fat: 25.26g (157.86%), Carbohydrates: 146.17g (48.72%), Net Carbohydrates: 138.6g (50.4%), Sugar: 71.16g (79.07%), Cholesterol: 48.81mg (16.27%), Sodium: 169.31mg (7.36%), Alcohol: 0.02g (100%), Alcohol %: 0.01% (100%), Protein: 14.92g (29.85%), Manganese: 2.23mg (111.44%), Magnesium: 204.16mg (51.04%), Phosphorus: 474.18mg (47.42%), Folate: 188.78µg (47.19%), Copper: 0.63mg (31.47%), Fiber: 7.58g (30.32%), Iron: 4.92mg (27.35%), Vitamin B6: 0.51mg (25.41%), Vitamin B1: 0.37mg (24.58%), Potassium: 818.97mg (23.4%), Zinc: 3.21mg (21.4%), Vitamin E: 3.03mg (20.23%), Vitamin B2: 0.33mg (19.57%), Selenium: 9.44µg (13.49%), Calcium: 131.55mg (13.16%), Vitamin A: 583.91IU (11.68%), Vitamin B5: 0.85mg (8.45%), Vitamin B3: 1.61mg (8.03%), Vitamin K: 1.84µg (1.75%)