



Reindeer Chocolate-Coated Pretzel Rods

 Dairy Free

READY IN



46 min.

SERVINGS



12

CALORIES



117 kcal

SIDE DISH

Ingredients

- 4 ounces candy coating disks chopped (almond bark)
- 12 large pretzel twists
- 12 pretzel rods
- 24 semisweet chocolate chips miniature
- 12 m&m candies red
- 1 portugese rolls
- 12 m&m candies green

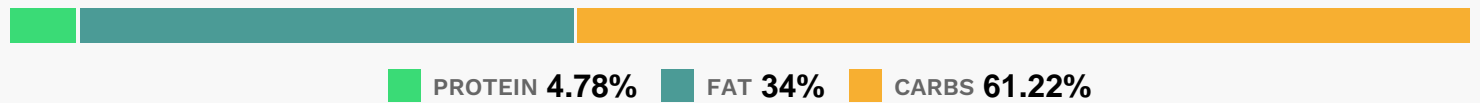
Equipment

- microwave
- measuring cup

Directions

- Place candy coating in 1-cup microwavable measuring cup. Microwave uncovered on High 30 to 60 seconds, stirring every 15 seconds, until melted.
- Dip pretzel twists into melted candy coating.
- Place on waxed paper.
- Let stand until coating is set.
- If necessary, rewarm coating. Dip top 2 inches of pretzel rod into melted candy coating; attach pretzel rod to bottom of pretzel twist.
- Place on waxed paper.
- To make reindeer, press on chocolate chips for eyes and red candy for nose using melted candy coating.
- Cut scarf from fruit roll; attach to reindeer using candy coating. Press on green candy for button using candy coating.
- Place on waxed paper.
- Let stand until coating is set. Store coated pretzel rods loosely covered at room temperature no longer than 2 weeks.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:6.39, Inflammation Score:-1, Nutrition Score:1.386956534146%

Nutrients (% of daily need)

Calories: 116.9kcal (5.84%), Fat: 4.32g (6.65%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 16.96g (6.17%), Sugar: 9.25g (10.28%), Cholesterol: 0.42mg (0.14%), Sodium: 115.48mg (5.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Iron: 1.36mg (7.55%), Manganese: 0.09mg (4.59%), Folate: 12.67µg (3.17%), Fiber: 0.54g (2.16%), Vitamin B1: 0.03mg (2.02%), Vitamin B3: 0.39mg (1.93%), Copper: 0.04mg (1.79%), Vitamin B2: 0.02mg (1.42%), Phosphorus: 14.16mg (1.42%), Magnesium: 5.55mg (1.39%)