



Reindeer Chocolate-Coated Pretzel Rods

 Dairy Free

READY IN



46 min.

SERVINGS



12

CALORIES



124 kcal

SIDE DISH

Ingredients

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

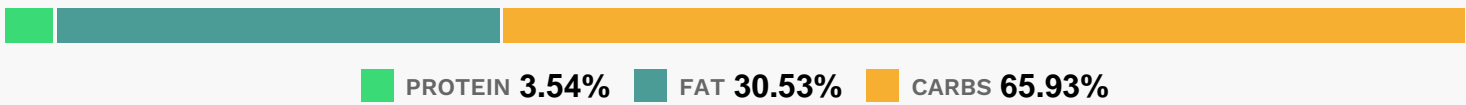
Equipment

- ☐ 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:13.83, Glycemic Load:4.47, Inflammation Score:-1, Nutrition Score:1.7791304301632%

Nutrients (% of daily need)

Calories: 123.83kcal (6.19%), Fat: 4.18g (6.42%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 19.24g (6.99%), Sugar: 13.11g (14.56%), Cholesterol: 0.42mg (0.14%), Sodium: 92.98mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Manganese: 0.1mg (5.1%), Fiber: 1.05g (4.21%), Folate: 13.42µg (3.36%), Iron: 0.59mg (3.27%), Copper: 0.06mg (3.2%), Vitamin B3: 0.53mg (2.66%), Vitamin A: 118.73IU (2.37%), Vitamin B1: 0.03mg (2.32%), Vitamin K: 2.07µg (1.97%), Vitamin B2: 0.03mg (1.95%), Phosphorus:

18.66mg (1.87%), Magnesium: 7.43mg (1.86%), Potassium: 60.33mg (1.72%), Vitamin C: 0.98mg (1.19%), Zinc: 0.16mg (1.06%)