



Rocky Road Cashew Candies



Dairy Free

READY IN



11 min.

SERVINGS



24

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup butterscotch chips (Nestle or Hershey's)
- ☐ 6 oz chocolate chips dark (I used Guittard extra)
- ☐ 1 cup marshmallows frozen mini (freezing helps prevent them from melting)
- ☐ 0.5 cup peanut butter
- ☐ 1 cup broken pretzels to taste (more or less)
- ☐ 1 cup cashew pieces salted to taste (use more or less)

Equipment

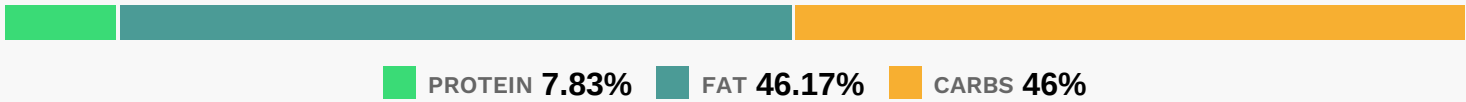
- ☐ bowl

- ☐ double boiler
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Line 24 cupcake cups with paper liners.In a large microwave–safe bowl or in the top of a double boiler, combine chips and peanut butter and stir well, coating the chips in peanut butter.
- ☐ Heat in the double boiler until melted, or melt in the microwave using high and stirring every 30 seconds.Stir in the frozen marshmallows, cashews and pretzel pieces.Divide the mixture evenly between the cups and put in the refrigerator to set the chocolate.To serve, peel away the paper liners.Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.56, Glycemic Load:3.29, Inflammation Score:-1, Nutrition Score:3.3360869055209%

Nutrients (% of daily need)

Calories: 150.25kcal (7.51%), Fat: 7.95g (12.24%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 17.02g (6.19%), Sugar: 10.24g (11.38%), Cholesterol: 0.71mg (0.24%), Sodium: 137.87mg (5.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.07%), Copper: 0.17mg (8.48%), Manganese: 0.17mg (8.36%), Magnesium: 27.49mg (6.87%), Phosphorus: 59.63mg (5.96%), Vitamin B3: 1.05mg (5.23%), Zinc: 0.75mg (4.99%), Vitamin E: 0.68mg (4.5%), Folate: 16.1µg (4.03%), Iron: 0.69mg (3.81%), Potassium: 115.18mg (3.29%), Fiber: 0.81g (3.26%), Calcium: 27.92mg (2.79%), Vitamin B2: 0.05mg (2.74%), Vitamin B1: 0.04mg (2.73%), Vitamin K: 2.66µg (2.53%), Vitamin B6: 0.05mg (2.51%), Selenium: 1.48µg (2.12%), Vitamin B5: 0.19mg (1.91%)