



Rocky Road Drops

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups butterscotch chips
- 4 cups chow mein noodles
- 2 cups marshmallows miniature
- 2 cups peanuts
- 2 cups raisins
- 12 ounce semi chocolate chips

Equipment

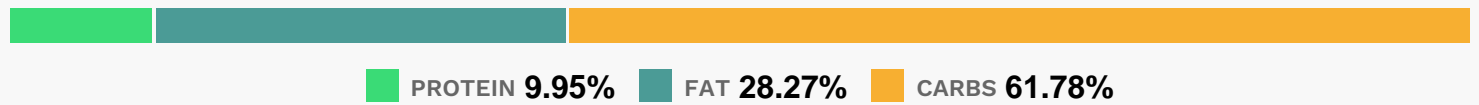
- bowl

- double boiler
- wax paper

Directions

- In the top of a double boiler, melt the chocolate and butterscotch chips.
- In a large bowl, combine the raisins, peanuts, marshmallows and chow mein noodles.
- Add melted chocolate mixture and quickly mix well.
- Drop by tablespoons onto wax paper; allow to sit until hardened.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:3.62, Inflammation Score:-1, Nutrition Score:3.4465217175691%

Nutrients (% of daily need)

Calories: 198.33kcal (9.92%), Fat: 6.36g (9.78%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 31.25g (10.42%), Net Carbohydrates: 28.63g (10.41%), Sugar: 9.86g (10.95%), Cholesterol: 1.06mg (0.35%), Sodium: 156.32mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 5.03g (10.07%), Manganese: 0.27mg (13.54%), Fiber: 2.61g (10.46%), Iron: 1.48mg (8.23%), Copper: 0.16mg (8.18%), Magnesium: 25.76mg (6.44%), Vitamin B3: 1.1mg (5.49%), Phosphorus: 46.8mg (4.68%), Potassium: 135.61mg (3.87%), Folate: 14.8µg (3.7%), Vitamin B1: 0.05mg (3.4%), Zinc: 0.33mg (2.23%), Vitamin B6: 0.04mg (1.75%), Selenium: 1.15µg (1.64%), Vitamin B2: 0.02mg (1.4%), Vitamin B5: 0.13mg (1.32%), Calcium: 12.88mg (1.29%)