

# Rocky Road Popcorn Truffles

 Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



12

CALORIES



306 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup marshmallows mini
- 1 cup popped popcorn plain
- 1 cup roasted peanuts salted
- 1 pound bittersweet chocolate chopped

## Equipment

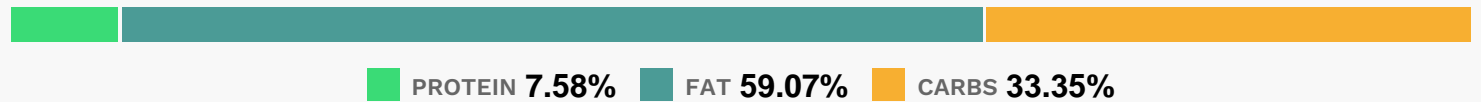
- frying pan
- microwave
- muffin liners

mini muffin tray

## Directions

- Coat a 12 cup mini muffin pan with cooking spray. Divide popcorn, marshmallows and peanuts evenly among the cups.
- Place the chocolate into a microwave-safe container.
- Heat on high for 45 seconds, then continue to heat at 15 second intervals, stirring each time, until chocolate is melted and smooth.
- Pour into the muffin cups, filling to the top. Gently tap the pan on the counter to release any bubbles. Refrigerate until chocolate is set. Unmold and enjoy!

## Nutrition Facts



## Properties

Glycemic Index:10.57, Glycemic Load:2.43, Inflammation Score:-4, Nutrition Score:8.454347860554%

## Nutrients (% of daily need)

Calories: 306.1kcal (15.31%), Fat: 20.5g (31.53%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 26.04g (8.68%), Net Carbohydrates: 21.8g (7.93%), Sugar: 16.28g (18.09%), Cholesterol: 2.27mg (0.76%), Sodium: 59.87mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.51mg (10.84%), Protein: 5.91g (11.83%), Manganese: 0.8mg (39.9%), Copper: 0.56mg (27.93%), Magnesium: 88.37mg (22.09%), Fiber: 4.24g (16.98%), Iron: 2.71mg (15.03%), Phosphorus: 148.98mg (14.9%), Vitamin B3: 2.16mg (10.79%), Potassium: 311.96mg (8.91%), Zinc: 1.27mg (8.5%), Selenium: 4.16µg (5.94%), Folate: 15.66µg (3.91%), Calcium: 35.79mg (3.58%), Vitamin B1: 0.05mg (3.44%), Vitamin B5: 0.29mg (2.88%), Vitamin K: 2.73µg (2.6%), Vitamin B6: 0.05mg (2.28%), Vitamin B2: 0.03mg (1.75%), Vitamin E: 0.23mg (1.5%), Vitamin B12: 0.07µg (1.13%)