



Squeamish squares

READY IN



80 min.

SERVINGS



16

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 150 g chocolate dark 70% good (cocoa solids is)
- ☐ 100 g butter unsalted
- ☐ 4 tbsp golden syrup
- ☐ 100 g rice krispies
- ☐ 50 g blueberry dried
- ☐ 50 g cranberry dried
- ☐ 100 g marshmallow mini
- ☐ 50 g chocolate white
- ☐ 16 servings jelly snakes and bugs

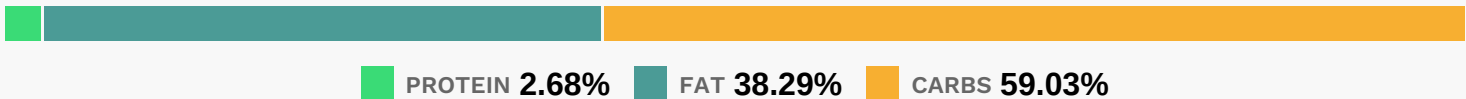
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ microwave

Directions

- ☐ Line a 20cm square tin with baking parchment or cling film.
- ☐ Place the dark chocolate, butter and golden syrup in a pan over a low heat and stir until melted.
- ☐ Put the Rice Krispies in a large bowl and mix in the blueberries, cranberries and marshmallows. Stir in the melted chocolate mixture until everything is well-coated. Spoon the mixture into the tin and spread out evenly. Chill in the fridge for an hour until set (or make the day before and chill overnight).
- ☐ Remove from tin and peel away paper or cling film. Using a sharp knife, cut into 16 squares or 32 bite-size pieces. Melt the white chocolate in a small bowl over a pan of barely-simmering water, or in the microwave on High for 1 min, stirring half way. Using a teaspoon, drizzle the white chocolate over the squares. Scatter with the jelly sweets, then allow to set before piling onto a serving plate. Keep in an airtight container for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:22.28, Glycemic Load:15.59, Inflammation Score:-5, Nutrition Score:6.8865217022274%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Malvidin: 2.13mg, Malvidin: 2.13mg, Malvidin: 2.13mg, Malvidin: 2.13mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 2.17mg, Peonidin: 2.17mg, Peonidin: 2.17mg, Peonidin: 2.17mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg

0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 237.82kcal (11.89%), Fat: 10.24g (15.75%), Saturated Fat: 6.15g (38.42%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 34.05g (12.38%), Sugar: 22.81g (25.35%), Cholesterol: 14.38mg (4.79%), Sodium: 49.81mg (2.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.5mg (2.5%), Protein: 1.61g (3.23%), Iron: 3.15mg (17.51%), Manganese: 0.29mg (14.73%), Vitamin E: 1.98mg (13.17%), Vitamin A: 580.09IU (11.6%), Copper: 0.21mg (10.48%), Folate: 41.01µg (10.25%), Vitamin B12: 0.51µg (8.44%), Vitamin B1: 0.12mg (8.06%), Vitamin B6: 0.16mg (8%), Vitamin C: 6.47mg (7.85%), Vitamin B2: 0.12mg (6.83%), Vitamin B3: 1.28mg (6.39%), Magnesium: 24.86mg (6.22%), Fiber: 1.47g (5.87%), Phosphorus: 48.71mg (4.87%), Selenium: 2.58µg (3.68%), Vitamin D: 0.48µg (3.21%), Potassium: 105.9mg (3.03%), Zinc: 0.45mg (2.99%), Vitamin K: 2.17µg (2.06%), Calcium: 19.5mg (1.95%), Vitamin B5: 0.12mg (1.2%)