



Stained Glass Candy II



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



3

CALORIES



2372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 14 ounce coconut or flaked
- ☐ 10.5 ounce rainbow colored marshmallows miniature
- ☐ 12 ounce semi chocolate chips
- ☐ 1 cup walnuts chopped

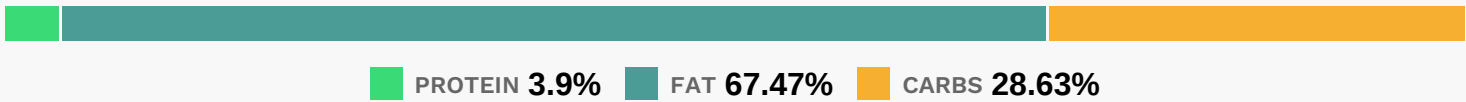
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Melt butter and chocolate chips in a pan over low heat.
- ☐ Let the mixture cool slightly before stirring in walnuts and marshmallows.
- ☐ Let cool.
- ☐ Spread coconut on waxed paper. Divide the cooled dough into two even portions. Form each portion into a long roll. Coat the rolls with the coconut. Wrap the rolls in waxed paper then again in plastic wrap. Refrigerate overnight or longer.
- ☐ Cut into 1/2 inch slices to serve.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:49.3, Inflammation Score:-9, Nutrition Score:37.425652421039%

Flavonoids

Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg, Cyanidin: 1.06mg

Nutrients (% of daily need)

Calories: 2371.6kcal (118.58%), Fat: 185.12g (284.81%), Saturated Fat: 122.57g (766.08%), Carbohydrates: 176.77g (58.92%), Net Carbohydrates: 143.42g (52.15%), Sugar: 109.55g (121.72%), Cholesterol: 88.15mg (29.38%), Sodium: 383.72mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 97.52mg (32.51%), Protein: 24.08g (48.16%), Manganese: 6.47mg (323.67%), Copper: 3.18mg (159.23%), Fiber: 33.35g (133.39%), Magnesium: 383.01mg (95.75%), Phosphorus: 719.33mg (71.93%), Iron: 12.93mg (71.83%), Selenium: 37.98µg (54.25%), Zinc: 6.94mg (46.29%), Potassium: 1547.38mg (44.21%), Vitamin B6: 0.65mg (32.45%), Vitamin A: 1009.95IU (20.2%), Vitamin B1: 0.25mg (16.77%), Vitamin B5: 1.67mg (16.67%), Vitamin E: 2.4mg (16.01%), Calcium: 154.98mg (15.5%), Vitamin B2: 0.26mg (15.31%), Folate: 52.25µg (13.06%), Vitamin K: 12.26µg (11.68%), Vitamin B3: 2.28mg (11.39%), Vitamin B12: 0.27µg (4.47%), Vitamin C: 2.49mg (3.02%)