



Strawberry Marshmallow Dippers

 Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



25

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7 oz baker's dipping chocolate melted
- 25 servings multi-colored sprinkles
- 16 strawberrymallows marshmallows jet-puffed
- 16 strawberries fresh

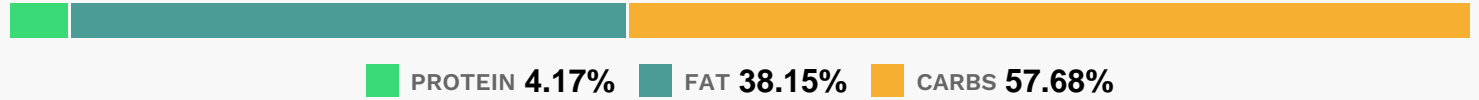
Equipment

- wooden skewers

Directions

- Thread 1 each strawberry and marshmallow onto each of 16 small straws or wooden skewers.
- Dip tops of marshmallows in chocolate, then in sprinkles. Refrigerate until firm.

Nutrition Facts



Properties

Glycemic Index:4.02, Glycemic Load:2.38, Inflammation Score:-2, Nutrition Score:3.2656521889503%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.91mg, Pelargonidin: 1.91mg, Pelargonidin: 1.91mg, Pelargonidin: 1.91mg Catechin: 5.35mg, Catechin: 5.35mg, Catechin: 5.35mg, Catechin: 5.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 11.29mg, Epicatechin: 11.29mg, Epicatechin: 11.29mg, Epicatechin: 11.29mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 98.77kcal (4.94%), Fat: 4.7g (7.24%), Saturated Fat: 3.05g (19.07%), Carbohydrates: 16g (5.33%), Net Carbohydrates: 14.52g (5.28%), Sugar: 12.13g (13.48%), Cholesterol: 0mg (0%), Sodium: 5.57mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.35mg (2.12%), Protein: 1.16g (2.31%), Manganese: 0.36mg (18.04%), Copper: 0.26mg (13.23%), Iron: 1.42mg (7.91%), Magnesium: 27.04mg (6.76%), Fiber: 1.48g (5.9%), Vitamin C: 4.52mg (5.47%), Zinc: 0.78mg (5.18%), Phosphorus: 33.95mg (3.4%), Potassium: 77.86mg (2.22%), Selenium: 0.75µg (1.07%), Folate: 4.11µg (1.03%)