



Sweet and Salty Dipped Pretzels

 Dairy Free

READY IN



50 min.

SERVINGS



16

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup corn flakes/bran flakes puffs®
- 0.5 cup sunflower seeds toasted chopped ()
- 6 oz candy coating disks cut into pieces (almond bark)
- 7 inch pretzel rods (from 12-oz package)

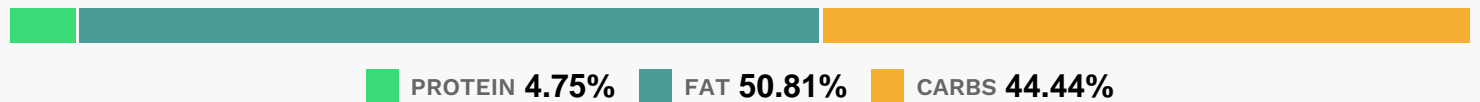
Equipment

- baking sheet
- microwave
- measuring cup

Directions

- Line cookie sheet with waxed paper.
- Coarsely crush cereal.
- Mix cereal and coconut on another sheet of waxed paper.
- Place candy coating in 1-cup microwavable measuring cup. Microwave uncovered on High 30 to 60 seconds, stirring every 15 seconds, until melted.
- Dip each pretzel halfway into almond bark; allow excess to drip off.
- Roll in crushed cereal mixture.
- Place on cookie sheet.
- Let stand until set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:10.95, Glycemic Load:1.37, Inflammation Score:-1, Nutrition Score:2.8013043414963%

Nutrients (% of daily need)

Calories: 93.53kcal (4.68%), Fat: 5.25g (8.08%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 9.7g (3.53%), Sugar: 7.96g (8.85%), Cholesterol: 0mg (0%), Sodium: 23.99mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Vitamin E: 1.49mg (9.92%), Manganese: 0.14mg (6.83%), Vitamin B1: 0.08mg (5.53%), Folate: 19.85µg (4.96%), Magnesium: 16.79mg (4.2%), Selenium: 2.92µg (4.18%), Copper: 0.08mg (4.17%), Vitamin B6: 0.08mg (3.92%), Phosphorus: 34.67mg (3.47%), Iron: 0.62mg (3.45%), Vitamin B3: 0.62mg (3.08%), Fiber: 0.63g (2.51%), Vitamin B2: 0.04mg (2.12%), Zinc: 0.28mg (1.89%), Vitamin B12: 0.06µg (1.04%), Potassium: 36.15mg (1.03%)