

Sweet snowballs

READY IN



25 min.

SERVINGS



16

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 50 g cupcake liners (we used shop-bought Madeira cake)
- ☐ 100 g coconut flakes
- ☐ 50 g cranberries dried
- ☐ 3 tbsp golden syrup
- ☐ 50 g marshmallows mini
- ☐ 100 g grands flaky refrigerator biscuits
- ☐ 400 g chocolate white
- ☐ 50 g frangelico white
- ☐ 50 g frangelico white

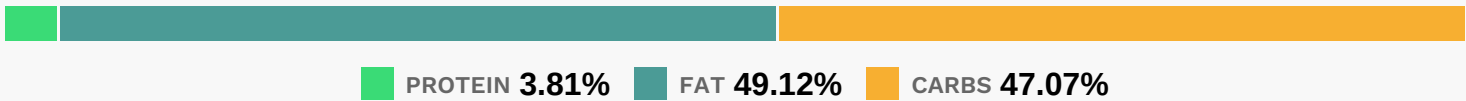
Equipment

- ☐ frying pan
- ☐ rolling pin

Directions

- ☐ Melt the chocolate in a bowl over a pan of simmering water. Meanwhile, crush the biscuits and Maltesers in a large bowl with a rolling pin.
- ☐ Add mini marshmallows, dried cranberries and cake crumbs, then the chocolate and golden syrup.
- ☐ Mix well. Tip desiccated coconut onto a plate. Drop large spoonfuls of mixture onto the plate, then roll them around, coating in coconut and shaping into balls.
- ☐ Place on a baking tray and chill for 30 mins before serving.
- ☐ Sprinkle with edible glitter if you like.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:16.42, Inflammation Score:-1, Nutrition Score:3.277391301549%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 252.04kcal (12.6%), Fat: 14.12g (21.73%), Saturated Fat: 9.04g (56.49%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 29.1g (10.58%), Sugar: 25g (27.78%), Cholesterol: 5.31mg (1.77%), Sodium: 59.75mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.93%), Manganese: 0.22mg (10.75%), Phosphorus: 64.41mg (6.44%), Vitamin B2: 0.1mg (6.17%), Calcium: 56.63mg (5.66%), Fiber: 1.34g (5.37%), Selenium: 3.15µg (4.5%), Copper: 0.08mg (3.86%), Potassium: 115.59mg (3.3%), Vitamin E: 0.49mg (3.26%), Vitamin K: 3.38µg (3.22%), Vitamin B1: 0.05mg (3.19%), Iron: 0.52mg (2.89%), Magnesium: 10.06mg (2.52%), Vitamin B3: 0.5mg (2.48%), Vitamin B12: 0.14µg (2.38%), Zinc: 0.36mg (2.37%), Vitamin B5: 0.23mg (2.34%), Folate: 8.59µg (2.15%), Vitamin B6: 0.04mg (1.96%)