



White Chocolate Cherry Crunch

 Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



299 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cornflakes
- ☐ 2 cups pretzels fish-shaped
- ☐ 2 cups roasted peanuts
- ☐ 1 cup marshmallows miniature
- ☐ 3 ounces cherries dried ()
- ☐ 12 ounces peppermint candies white (2 cups)
- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup frangelico

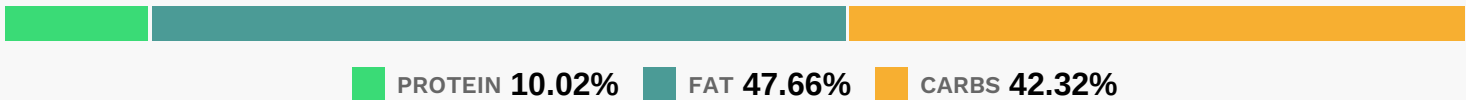
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Toss cereal, pretzels, peanuts, marshmallows and cherries in large bowl.
- ☐ Heat baking chips and half-and-half in 2-quart saucepan over low heat, stirring frequently, until chips are melted. Stir in almond extract.
- ☐ Pour melted mixture over dry ingredients. Toss gently until dry ingredients are coated. Drop mixture by tablespoonfuls onto waxed paper.
- ☐ Let stand about 1 hour or until set. Store loosely covered up to 1 week.

Nutrition Facts



Properties

Glycemic Index:8.97, Glycemic Load:7.93, Inflammation Score:-4, Nutrition Score:6.8543477809947%

Nutrients (% of daily need)

Calories: 299.22kcal (14.96%), Fat: 16.61g (25.56%), Saturated Fat: 7.72g (48.27%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 30.62g (11.13%), Sugar: 17.2g (19.11%), Cholesterol: 0mg (0%), Sodium: 245.08mg (10.66%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 7.86g (15.71%), Manganese: 0.53mg (26.48%), Vitamin B3: 3.88mg (19.41%), Folate: 53.62µg (13.41%), Iron: 1.98mg (10.99%), Fiber: 2.58g (10.33%), Vitamin B1: 0.15mg (9.81%), Magnesium: 35mg (8.75%), Phosphorus: 87.25mg (8.73%), Copper: 0.15mg (7.31%), Vitamin B2: 0.1mg (6%), Vitamin B6: 0.12mg (5.84%), Calcium: 57.91mg (5.79%), Vitamin A: 251.21IU (5.02%), Potassium: 170.14mg (4.86%), Zinc: 0.51mg (3.37%), Selenium: 2.15µg (3.07%), Vitamin B5: 0.3mg (2.96%), Vitamin B12: 0.17µg (2.92%), Vitamin C: 0.94mg (1.15%)