



WHATSheATE



HEALTH SCORE

55%

White Chocolate-Peppermint Jumbles



Dairy Free

READY IN



192 min.

SERVINGS



1

CALORIES



8646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baker's chocolate white
- ☐ 8 ounce round buttery crackers animal-shaped (3 cups)
- ☐ 1 cup peppermint candies hard crushed
- ☐ 16 ounce pretzel nuggets with snyder's of hanover sourdough pretzel nuggets)
- ☐ 3 tablespoons shortening
- ☐ 32 ounce vanilla
- ☐ 12 ounce chocolate chips white

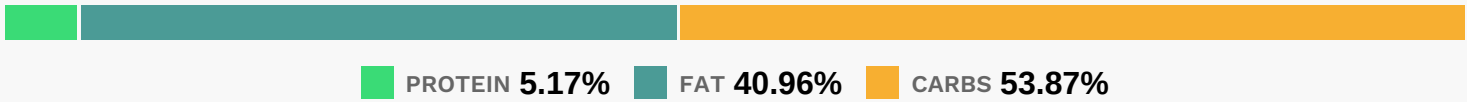
Equipment

- ☐ wax paper
- ☐ slow cooker

Directions

- ☐ Combine first 4 ingredients in a 6-quart slow cooker. Cook, covered, on LOW 1 hour and 30 minutes or until vanilla bark and chocolate look very soft. Uncover and stir until smooth. Stir in pretzels, crackers, and crushed peppermint candies.
- ☐ Drop candy by heaping tablespoonfuls onto wax paper.
- ☐ Let stand 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:140, Glycemic Load:253.07, Inflammation Score:-10, Nutrition Score:70.386956318565%

Flavonoids

Catechin: 109.42mg, Catechin: 109.42mg, Catechin: 109.42mg, Catechin: 109.42mg Epicatechin: 241.25mg, Epicatechin: 241.25mg, Epicatechin: 241.25mg, Epicatechin: 241.25mg

Nutrients (% of daily need)

Calories: 8645.7kcal (432.29%), Fat: 305.19g (469.52%), Saturated Fat: 150.79g (942.42%), Carbohydrates: 903.19g (301.06%), Net Carbohydrates: 862.89g (313.78%), Sugar: 484.28g (538.09%), Cholesterol: 102.29mg (34.1%), Sodium: 6812.13mg (296.18%), Alcohol: 312.07g (100%), Alcohol %: 17.15% (100%), Caffeine: 136.08mg (45.36%), Protein: 86.61g (173.23%), Manganese: 10.43mg (521.32%), Copper: 6.64mg (331.89%), Iron: 41.67mg (231.48%), Phosphorus: 1952.72mg (195.27%), Magnesium: 748.99mg (187.25%), Vitamin K: 181.28µg (172.65%), Fiber: 40.3g (161.21%), Vitamin B2: 2.59mg (152.49%), Calcium: 1421.6mg (142.16%), Zinc: 21.28mg (141.86%), Potassium: 3997.28mg (114.21%), Vitamin B1: 1.57mg (104.95%), Vitamin B3: 19.76mg (98.81%), Vitamin E: 14.22mg (94.77%), Folate: 234.73µg (58.68%), Selenium: 39.52µg (56.46%), Vitamin B5: 3.77mg (37.72%), Vitamin B12: 1.91µg (31.75%), Vitamin B6: 0.61mg (30.44%), Vitamin A: 410.5IU (8.21%), Vitamin C: 1.7mg (2.06%)