



White chocolate pretzel bites

 Vegetarian

READY IN



15 min.

SERVINGS



25

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 250 g chocolate white
- ☐ 150 g pretzel salted
- ☐ 50 g raisin

Equipment

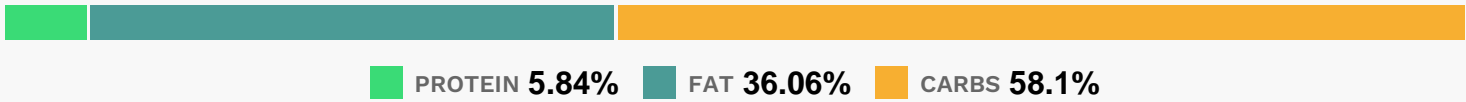
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ kitchen towels

☐ rolling pin

Directions

- ☐ Put the chocolate in a heatproof bowl, set over a pan of barely simmering water, dont allow the bowl to touch the water. Leave for a few minutes until the chocolate has melted.
- ☐ Open the bag of pretzels, fold it in half and cover with a tea towel. Gently smash the pretzels with a rolling pin until theyve broken into small shards around 0.5cm in size.
- ☐ Pour the smashed pretzels into the melted chocolate and mix well. Stir in the raisins. Line a baking sheet with greaseproof paper. Spoon heaps of the pretzel mix onto the sheet, around 3cm across and 1cm high. Leave the bites to set in a cool place or put in the fridge until the chocolate has completely set.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:8.81, Inflammation Score:-1, Nutrition Score:1.3895652175921%

Nutrients (% of daily need)

Calories: 82.86kcal (4.14%), Fat: 3.4g (5.23%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 11.95g (4.35%), Sugar: 6.03g (6.7%), Cholesterol: 2.1mg (0.7%), Sodium: 83.96mg (3.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Manganese: 0.06mg (3.11%), Vitamin B2: 0.05mg (3.04%), Folate: 11.62µg (2.91%), Phosphorus: 26.78mg (2.68%), Vitamin B1: 0.03mg (2.27%), Calcium: 22.08mg (2.21%), Vitamin B3: 0.41mg (2.06%), Iron: 0.35mg (1.95%), Potassium: 58.48mg (1.67%), Fiber: 0.36g (1.44%), Copper: 0.02mg (1.07%), Selenium: 0.73µg (1.04%), Vitamin K: 1.08µg (1.03%)