



Wizard Hats

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

461 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce sq. baking chocolate unsweetened
- ☐ 8 flat cookies before frosting
- ☐ 3 tablespoons plus
- ☐ 8 servings garnish: candy sprinkles
- ☐ 1 cup marshmallows mini
- ☐ 3 cups rice cereal
- ☐ 12 ounce semi-sweet chocolate chips

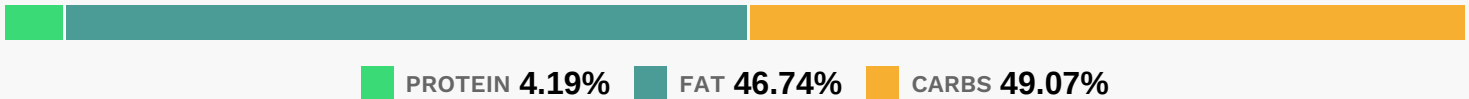
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ double boiler

Directions

- ☐ Pour cereal into a shallow pan; bake at 350 degrees for 10 minutes.
- ☐ Transfer to a bowl lightly coated with non-stick vegetable spray; set aside. Meanwhile, in a saucepan over low heat, combine chocolate and marshmallows; cook and stir until melted.
- ☐ Add corn syrup; stir well.
- ☐ Pour chocolate mixture over cereal; stir to coat cereal evenly. Divide mixture into 8 portions; shape each into a cone.
- ☐ Add chocolate chips to the top of a double boiler over boiling water; melt chocolate, stirring occasionally. Dip cones into melted chocolate, turning to coat.
- ☐ Place on cookie.
- ☐ Brush cookie with melted chocolate.
- ☐ Garnish with sprinkles, licorice and candy; cool.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:8.27, Inflammation Score:-4, Nutrition Score:9.3108696257291%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 460.7kcal (23.04%), Fat: 24.36g (37.48%), Saturated Fat: 13.52g (84.51%), Carbohydrates: 57.55g (19.18%), Net Carbohydrates: 52.92g (19.24%), Sugar: 37.12g (41.24%), Cholesterol: 4.8mg (1.6%), Sodium: 61.07mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.41mg (13.14%), Protein: 4.92g (9.83%), Manganese: 0.75mg

(37.72%), Copper: 0.68mg (33.85%), Magnesium: 90.14mg (22.53%), Iron: 4mg (22.23%), Fiber: 4.63g (18.52%), Phosphorus: 140.1mg (14.01%), Zinc: 1.63mg (10.89%), Potassium: 287.84mg (8.22%), Selenium: 5.38µg (7.68%), Vitamin B1: 0.09mg (5.99%), Calcium: 50.53mg (5.05%), Folate: 19.93µg (4.98%), Vitamin B3: 0.98mg (4.92%), Vitamin B2: 0.07mg (4.38%), Vitamin K: 4.51µg (4.3%), Vitamin E: 0.52mg (3.44%), Vitamin B5: 0.16mg (1.64%), Vitamin B12: 0.08µg (1.28%), Vitamin A: 63.46IU (1.27%), Vitamin B6: 0.02mg (1.14%)