



Candy Sushi Rolls

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



372 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 Tbsp butter
- 3 cups kelloggâ€™sâ€™ rice krispiesâ€™ cereal
- 10 sheets chewy fruit snack
- 40 bite-size chewy fruit snacks fish-shaped
- 20 marshmallows jet-puffed

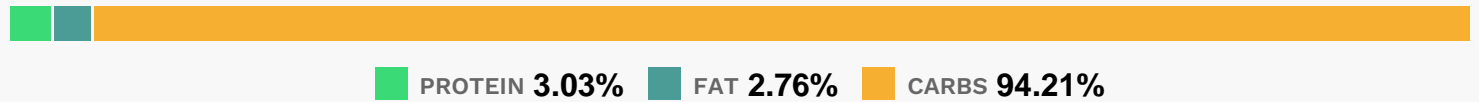
Equipment

- bowl
- microwave

Directions

- Microwave butter in large microwaveable bowl on HIGH 45 sec. or until melted.
- Add marshmallows; toss to coat. Microwave 1 min. 30 sec. or until marshmallows puff, stirring every 45 sec. until marshmallows are completely melted and mixture is well blended. Stir in cereal.
- Unroll fruit snack sheets. Press 3 Tbsp. cereal mixture onto each sheet to within 1/2 inch of edge.
- Place 4 fish down center of each sheet; roll up tightly.
- Cut each roll-up into 4 pieces.

Nutrition Facts



Properties

Glycemic Index:2.02, Glycemic Load:2.29, Inflammation Score:-8, Nutrition Score:11.609565123916%

Nutrients (% of daily need)

Calories: 372.19kcal (18.61%), Fat: 1.22g (1.88%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 94.05g (31.35%), Net Carbohydrates: 84.38g (30.68%), Sugar: 70.44g (78.27%), Cholesterol: 0mg (0%), Sodium: 62.19mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.05%), Fiber: 9.66g (38.66%), Vitamin A: 1888.05IU (37.76%), Vitamin K: 27.64µg (26.33%), Copper: 0.46mg (23.09%), Vitamin C: 13.81mg (16.74%), Potassium: 539.9mg (15.43%), Iron: 2.77mg (15.39%), Vitamin B3: 2.86mg (14.28%), Manganese: 0.26mg (12.96%), Vitamin B2: 0.19mg (11.03%), Folate: 32.07µg (8.02%), Magnesium: 30.94mg (7.74%), Phosphorus: 76.57mg (7.66%), Vitamin B1: 0.11mg (7.31%), Vitamin B6: 0.15mg (7.31%), Zinc: 0.92mg (6.12%), Calcium: 40.36mg (4.04%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.15µg (2.53%)