



Charming Cheerios® Necklace

 Dairy Free

READY IN



35 min.

SERVINGS



1

CALORIES



2353 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

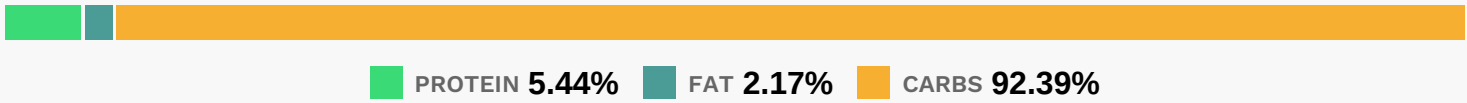
- ☐ 128 inch licorice rounds red
- ☐ 1 cup corn flakes/bran flakes
- ☐ 1 cup pumpkin candies and gummy worms ring-shaped
- ☐ 0.5 cup licorice rounds tube-shaped (from 5.5-oz bag)

Equipment

Directions

- ☐
- Working from each end of the piece of licorice, string an arrangement of cereal and candiesto create desired pattern on the necklace.
- ☐
- Tie the ends of the licorice together in a double knot to secure the necklace.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:17.98, Inflammation Score:-8, Nutrition Score:23.25173906658%

Nutrients (% of daily need)

Calories: 2353.02kcal (117.65%), Fat: 5.76g (8.86%), Saturated Fat: 0.16g (1%), Carbohydrates: 551.41g (183.8%), Net Carbohydrates: 544.09g (197.85%), Sugar: 284.41g (316.01%), Cholesterol: 0mg (0%), Sodium: 2380.2mg (103.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.99%), Manganese: 1.43mg (71.36%), Folate: 266.8µg (66.7%), Iron: 11.2mg (62.22%), Vitamin B1: 0.52mg (34.67%), Vitamin B6: 0.68mg (34%), Vitamin B3: 6.68mg (33.4%), Vitamin B12: 2µg (33.33%), Vitamin B2: 0.56mg (32.94%), Selenium: 21µg (30%), Fiber: 7.32g (29.28%), Magnesium: 91.6mg (22.9%), Vitamin A: 1000IU (20%), Phosphorus: 179.6mg (17.96%), Zinc: 2mg (13.33%), Copper: 0.2mg (10%), Vitamin D: 1.32µg (8.8%), Potassium: 213.2mg (6.09%), Vitamin B5: 0.35mg (3.47%), Vitamin E: 0.31mg (2.05%), Calcium: 17.6mg (1.76%)