



 **53%**
HEALTH SCORE

Easy Marshmallow Snails

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



60 min.

SERVINGS



12

CALORIES



105 kcal

SIDE DISH

Ingredients

- 1 pkg jell-o gelatin (4-serving size)
- 1.8 cups marshmallows jet-puffed miniature divided
- 24 pieces string licorice red (1 in.)
- 0.3 cup ready-to-spread vanilla frosting
- 0.5 cup warm water

Equipment

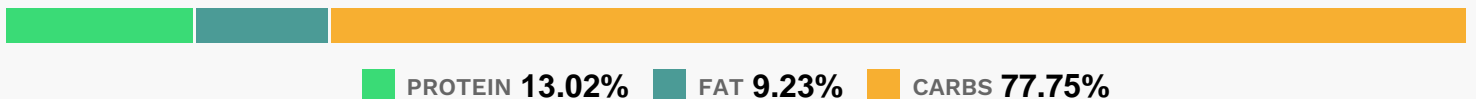
- bowl
- frying pan

- knife
- whisk
- microwave

Directions

- Mix gelatin and water in medium microwavable bowl. Microwave on HIGH 1-1/2 min.; stir until gelatin is completely dissolved.
- Set aside 12 of the marshmallows.
- Add remaining marshmallows to gelatin; stir until well blended. Microwave on HIGH 1 min. or until marshmallows are partially melted. Stir with wire whisk until marshmallows are completely melted.
- Pour into 9-in. square pan sprayed with cooking spray.
- Refrigerate 45 min. or until set. Run sharp knife around edges of pan to loosen gelatin layer from pan. Starting at one short end, roll up gelatin layer tightly.
- Cut into 12 (3/4-inch-thick) strips. Refrigerate, covered, until ready to decorate.
- Unroll each about 1 inch. Stand 1 of the reserved marshmallows on unrolled portion of each spiral for the "snail's body," securing with frosting. Insert 2 pieces of licorice into each marshmallow for "antennae," securing with additional frosting, if desired.

Nutrition Facts



Properties

Glycemic Index:12.46, Glycemic Load:8.89, Inflammation Score:-8, Nutrition Score:13.901304213897%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg

Nutrients (% of daily need)

Calories: 105.15kcal (5.26%), Fat: 1.22g (1.87%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 17.66g (6.42%), Sugar: 13.69g (15.21%), Cholesterol: 0mg (0%), Sodium: 27.15mg (1.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Vitamin K: 86.61µg (82.49%), Vitamin C: 24.4mg (29.58%),

Vitamin A: 1380IU (27.6%), Manganese: 0.43mg (21.63%), Fiber: 5.41g (21.63%), Folate: 66.47µg (16.62%), Vitamin B6: 0.28mg (14.11%), Vitamin B2: 0.22mg (13.09%), Magnesium: 50.31mg (12.58%), Potassium: 423.98mg (12.11%), Iron: 2.09mg (11.58%), Vitamin B1: 0.16mg (10.97%), Phosphorus: 77.46mg (7.75%), Calcium: 74.7mg (7.47%), Vitamin B3: 1.48mg (7.42%), Copper: 0.15mg (7.42%), Vitamin E: 0.89mg (5.95%), Vitamin B5: 0.45mg (4.53%), Zinc: 0.49mg (3.25%), Selenium: 1.36µg (1.95%)