



Easy Sand Cup

 Vegetarian  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



202 kcal

SIDE DISH

Ingredients

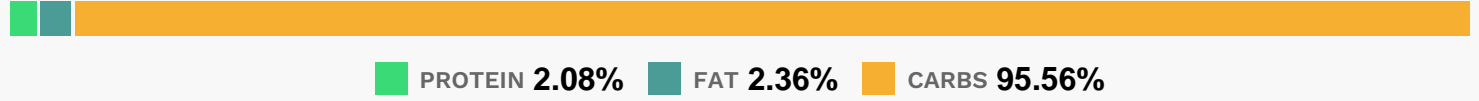
- 2 chewy fruit snacks ring-shaped
- 1 square graham cracker crushed
- 3 honey graham snacks bear-shaped
- 4 oz jell-o vanilla pudding snack

Equipment

Directions

- Top pudding snack with graham crumbs for the sand.
- Decorate with graham snacks and fruit snacks.
- Garnish with a paper umbrella, if desired.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:1.77, Inflammation Score:-4, Nutrition Score:3.277391291183%

Nutrients (% of daily need)

Calories: 202.25kcal (10.11%), Fat: 0.55g (0.85%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 50.2g (16.73%), Net Carbohydrates: 47.09g (17.12%), Sugar: 39.38g (43.76%), Cholesterol: 0mg (0%), Sodium: 171.49mg (7.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Fiber: 3.11g (12.45%), Vitamin A: 543.6IU (10.87%), Vitamin K: 8.28µg (7.89%), Copper: 0.14mg (7.04%), Potassium: 170mg (4.86%), Vitamin C: 3.96mg (4.8%), Vitamin B3: 0.81mg (4.06%), Iron: 0.69mg (3.86%), Vitamin B2: 0.05mg (3.12%), Phosphorus: 27.73mg (2.77%), Magnesium: 10.66mg (2.67%), Manganese: 0.05mg (2.54%), Vitamin B1: 0.03mg (1.87%), Vitamin B6: 0.03mg (1.59%), Zinc: 0.22mg (1.48%), Calcium: 12.38mg (1.24%), Folate: 4.9µg (1.23%)