



## Candy Cane Planter

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



1

CALORIES



254 kcal

SIDE DISH

### Ingredients

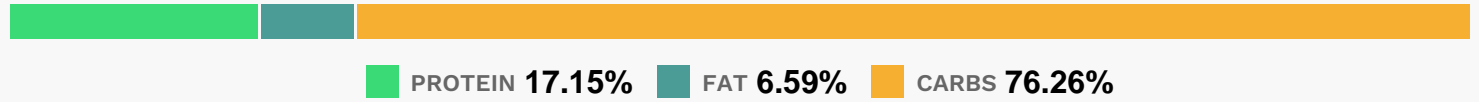
- 1 serving celery stalks
- 40 6-inch candy canes
- 28 ounces canned tomatoes

### Equipment

### Directions

- Pipe glue from hot-glue gun along back of 1 candy cane (in wrapper). Attach to can so that hook of candy cane is at top of can and curves away from can.
- Repeat with remaining candy canes to cover side of can.
- To give as a gift, add a 4-inch potted plant, such as Norfolk Island pine, poinsettia, rosemary, ivy or Christmas cactus.

## Nutrition Facts



### Properties

Glycemic Index:70, Glycemic Load:16.26, Inflammation Score:-9, Nutrition Score:38.793912949769%

### Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

### Nutrients (% of daily need)

Calories: 254.15kcal (12.71%), Fat: 2.22g (3.42%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 57.9g (19.3%), Net Carbohydrates: 42.8g (15.56%), Sugar: 34.94g (38.82%), Cholesterol: 0mg (0%), Sodium: 1048.6mg (45.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.02g (26.05%), Vitamin C: 73.06mg (88.56%), Manganese: 1.45mg (72.68%), Copper: 1.45mg (72.65%), Potassium: 2328.4mg (66.53%), Vitamin E: 9.93mg (66.17%), Fiber: 15.1g (60.39%), Vitamin B6: 1.19mg (59.57%), Iron: 10.32mg (57.34%), Vitamin B3: 9.7mg (48.52%), Vitamin K: 42.36µg (40.35%), Magnesium: 158.87mg (39.72%), Vitamin B1: 0.6mg (39.7%), Vitamin A: 1711.13IU (34.22%), Calcium: 270.29mg (27.03%), Folate: 103.55µg (25.89%), Phosphorus: 254.25mg (25.43%), Vitamin B2: 0.41mg (24.31%), Vitamin B5: 2.21mg (22.09%), Zinc: 2.14mg (14.3%), Selenium: 4.77µg (6.81%)