



## Firecracker Bites

READY IN



150 min.

SERVINGS



30

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 oz philadelphia cream cheese softened
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 0.5 cup sprinkles mixed white blue red
- 42 pieces string licorice red (1 inch)
- 11 oz vanilla wafers
- 1.5 cups cool whip whipped topping divided thawed

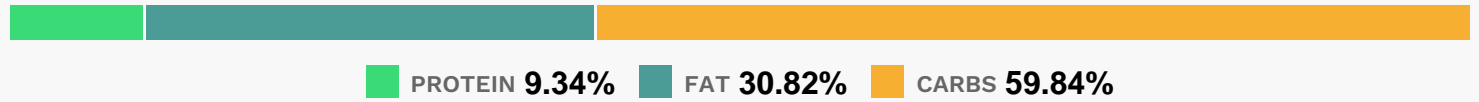
## Equipment

- bowl
- whisk
- blender

## Directions

- Beat cream cheese in large bowl with mixer until creamy. Gradually beat in milk.
- Add dry pudding mix; beat 2 min.
- Whisk in 1 cup COOL WHIP.
- Spoon about 1-1/2 Tbsp. pudding mixture onto each of half the wafers; cover with remaining wafers to make sandwiches. Freeze 2 hours or until filling is firm.
- Spread tops of wafer sandwiches with remaining COOL WHIP. Dip in sprinkles. Insert licorice piece in top of each for the fuse. Freeze until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:6.27, Glycemic Load:8.75, Inflammation Score:-7, Nutrition Score:10.727826004443%

## Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

## Nutrients (% of daily need)

Calories: 154.62kcal (7.73%), Fat: 5.62g (8.65%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 20.6g (7.49%), Sugar: 14.39g (15.98%), Cholesterol: 8.79mg (2.93%), Sodium: 100.12mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin K: 60.5µg (57.62%), Vitamin A: 1083.48IU (21.67%), Vitamin C: 17.08mg (20.7%), Fiber: 3.94g (15.78%), Manganese: 0.3mg (15.19%), Folate: 56.14µg (14.04%), Vitamin B2: 0.2mg (11.88%), Vitamin B1: 0.17mg (11.03%), Vitamin B6: 0.21mg (10.37%), Potassium: 330.74mg (9.45%), Magnesium: 36.92mg (9.23%), Iron: 1.46mg (8.09%), Phosphorus: 76.71mg (7.67%), Calcium: 71.96mg (7.2%), Vitamin B3: 1.32mg (6.59%), Copper: 0.1mg (4.95%), Vitamin E: 0.66mg (4.41%), Vitamin B5: 0.39mg (3.88%), Zinc: 0.41mg (2.74%), Selenium: 1.76µg (2.52%), Vitamin B12: 0.07µg (1.13%)