



Flower Pop

 Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



18 kcal

Ingredients

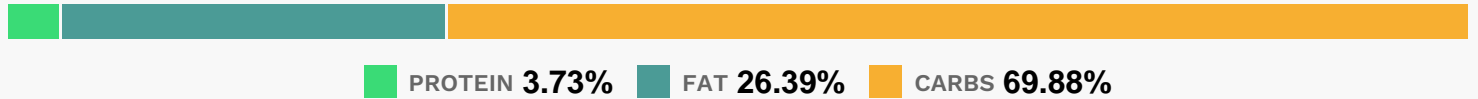
- 20 marshmallows jet-puffed miniature
- 2 wooden pop sticks
- 4 vanilla wafers
- 2 Tbsp cool whip whipped topping thawed

Equipment

Directions

- Spread 1 Tbsp. of the whipped topping onto back (flat side) of 1 wafer; top with second wafer, bottom-side down, for the center of the "flower." Insert wooden pop stick into whipped topping layer for the flower's "stem. "
- Insert marshmallows into whipped topping, filling around outside edge of flower to make "petals". Repeat to make a second flower.
- Freeze 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:2.1, Inflammation Score:0, Nutrition Score:0.14304347733117%

Nutrients (% of daily need)

Calories: 18.33kcal (0.92%), Fat: 0.55g (0.84%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 3.2g (1.16%), Sugar: 1.78g (1.98%), Cholesterol: 0.04mg (0.01%), Sodium: 11.43mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.35%)