



WHATSheATE



HEALTH SCORE

55%

Flower Power Crayon Holder



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



147 kcal

SIDE DISH

Ingredients



1 serving you will also need: parchment paper blue



1 serving you will also need: parchment paper green



1 serving sprinkles



1 serving corn flakes/bran flakes



1 ptý frangelico



1 serving frangelico



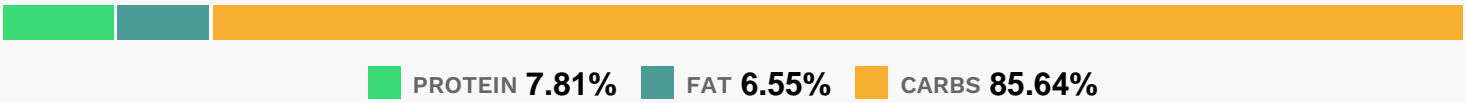
1 serving frangelico green

Equipment

Directions

- ☐ Cut the blue paper to cover the outside of the soup can. Attach it with glue.
- ☐ Cut the green construction paper to look like grass. Glue it to the bottom of the blue paper around the can.
- ☐ Cut the pipe cleaners to make flower stems. Attach them to the can with glue. Glue 1 pom-pom at the top of each stem to make the center of a flower. Glue cereal around the pom-pom to make flower petals.

Nutrition Facts



Properties

Glycemic Index:72.25, Glycemic Load:13.48, Inflammation Score:-8, Nutrition Score:17.646521808013%

Nutrients (% of daily need)

Calories: 146.52kcal (7.33%), Fat: 1.18g (1.82%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 34.71g (11.57%), Net Carbohydrates: 29.18g (10.61%), Sugar: 14.68g (16.31%), Cholesterol: 0.18mg (0.06%), Sodium: 173.44mg (7.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.33%), Manganese: 1.08mg (54.16%), Folate: 201.82µg (50.46%), Iron: 8.47mg (47.04%), Vitamin B1: 0.4mg (26.69%), Vitamin B3: 5.12mg (25.59%), Vitamin B6: 0.51mg (25.53%), Vitamin B2: 0.43mg (25.15%), Vitamin B12: 1.5µg (25.01%), Selenium: 16.31µg (23.31%), Fiber: 5.53g (22.1%), Magnesium: 69.1mg (17.27%), Vitamin A: 750.28IU (15.01%), Phosphorus: 136.32mg (13.63%), Zinc: 1.51mg (10.09%), Copper: 0.15mg (7.65%), Vitamin D: 0.99µg (6.6%), Potassium: 161.54mg (4.62%), Vitamin B5: 0.26mg (2.61%), Vitamin E: 0.23mg (1.54%), Calcium: 14.14mg (1.41%)