



Frankenstein Fruit Roll-Ups™ on a Stick

 Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pumpkin puree hot flavored colors®
- 2 you will also need: parchment paper
- 4 marshmallows
- 1 purple gel food coloring flavored
- 1 pieces m&m candies
- 1 serving chocolate icing black
- 4 m&m candies (from 0.88-oz package)

Equipment

- lollipop sticks

Directions

- Unroll fruit flavored snacks; remove paper.
- Cut Blazin' Blue/Green fruit flavored snack in half, separating the blue and green.
- Insert lollipop stick into 2 marshmallows, keeping marshmallows together on 1 end of stick. Repeat for second pop.
- Place marshmallows on 1 half of fruit flavored snack strip, and wrap around so that marshmallows are covered. Press open ends of fruit flavored snack together to cover marshmallows. Repeat for other half of fruit flavored snack strip and marshmallows.
- Cut strips from the second fruit flavored snack (different color); cut slits to create hair. Press on, and fold over to hang down over top of marshmallow to make hair.
- Cut 2 strips, 2x1/4 inch each, also from second fruit snack.
- Roll up each strip. Press each roll on sides of head to form bolts, or use candy pieces attached with black icing.
- Press candy eyeballs on face. Use black icing to make scar and mouth.

Nutrition Facts



PROTEIN 5.21% **FAT 16.57%** **CARBS 78.22%**

Properties

Glycemic Index:51.75, Glycemic Load:10.97, Inflammation Score:-1, Nutrition Score:2.4678260737463%

Nutrients (% of daily need)

Calories: 171.05kcal (8.55%), Fat: 3.17g (4.87%), Saturated Fat: 0.84g (5.22%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 33.2g (12.07%), Sugar: 18.48g (20.53%), Cholesterol: 2.09mg (0.69%), Sodium: 147.37mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.48%), Selenium: 5.61µg (8.02%), Vitamin B2: 0.11mg (6.74%), Vitamin B1: 0.1mg (6.68%), Manganese: 0.12mg (6.15%), Vitamin B3: 1.07mg (5.37%), Folate: 17.66µg (4.41%), Iron: 0.73mg (4.06%), Copper: 0.04mg (2.1%), Phosphorus: 19.2mg (1.92%), Vitamin K: 1.9µg (1.81%), Fiber: 0.44g (1.75%), Vitamin A: 86.07IU (1.72%), Vitamin E: 0.22mg (1.46%), Calcium: 12.8mg (1.28%), Magnesium: 4.34mg (1.08%), Zinc: 0.15mg (1.01%)