



## Fruit Gushers® Ring Bling

 Vegetarian

READY IN



15 min.

SERVINGS



24

CALORIES



268 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 24 fruit betty fruit gushers® ( 3 packs)
- 24 pretzels white
- 0.3 cup chocolate white

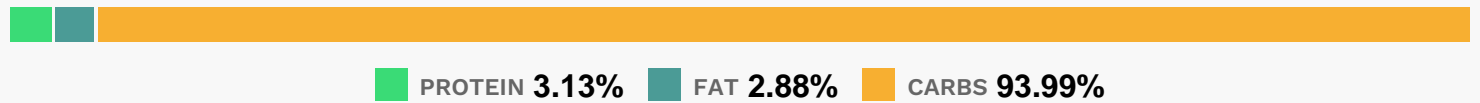
### Equipment

- bowl
- wax paper
- microwave

## Directions

- Lay out a sheet of wax paper.
- Melt chocolate in a microwave safe bowl at 30 second intervals, stirring after each, until smooth.
- Dip one side of a Gushers Fruit Snack into melted chocolate, attach to pretzel and lay on wax paper.
- Let set completely, about 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.38, Glycemic Load:1.21, Inflammation Score:-7, Nutrition Score:7.6839131333906%

## Nutrients (% of daily need)

Calories: 267.75kcal (13.39%), Fat: 0.92g (1.42%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 67.54g (22.51%), Net Carbohydrates: 60.31g (21.93%), Sugar: 51.46g (57.18%), Cholesterol: 0.29mg (0.1%), Sodium: 36.14mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.25g (4.5%), Fiber: 7.24g (28.95%), Vitamin A: 1359.41IU (27.19%), Vitamin K: 20.85µg (19.86%), Copper: 0.34mg (16.99%), Vitamin C: 9.93mg (12.03%), Potassium: 406.66mg (11.62%), Vitamin B3: 1.83mg (9.13%), Iron: 1.44mg (8.02%), Vitamin B2: 0.12mg (6.78%), Manganese: 0.13mg (6.55%), Phosphorus: 57.7mg (5.77%), Magnesium: 22.95mg (5.74%), Vitamin B1: 0.06mg (3.94%), Vitamin B6: 0.07mg (3.68%), Zinc: 0.43mg (2.84%), Folate: 10.91µg (2.73%), Calcium: 25.51mg (2.55%), Vitamin B5: 0.2mg (1.96%)