

Fruit Gushers® Ring Bling



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

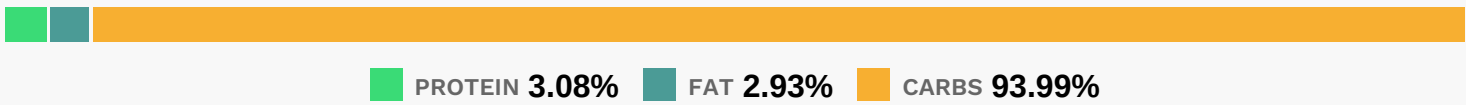
Equipment

- ☐ 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:3.71, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:7.5939129915736%

Nutrients (% of daily need)

Calories: 264.52kcal (13.23%), Fat: 0.92g (1.42%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 66.79g (22.26%), Net Carbohydrates: 59.58g (21.67%), Sugar: 51.48g (57.2%), Cholesterol: 0.42mg (0.14%), Sodium: 24.2mg (1.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Fiber: 7.2g (28.81%), Vitamin A: 1360.4IU (27.21%), Vitamin K: 20.83µg (19.84%), Copper: 0.34mg (16.92%), Vitamin C: 9.91mg (12.01%), Potassium: 405.98mg (11.6%), Vitamin B3: 1.77mg (8.87%), Iron: 1.4mg (7.77%), Vitamin B2: 0.11mg (6.66%), Manganese: 0.12mg (6.08%), Phosphorus: 57.37mg (5.74%), Magnesium: 22.78mg (5.7%), Vitamin B1: 0.06mg (3.68%), Vitamin B6: 0.07mg (3.65%), Zinc: 0.42mg (2.81%), Calcium: 26.45mg (2.64%), Folate: 9.17µg (2.29%), Vitamin B5: 0.2mg (1.97%)