

# Fruit Roll-Ups® Wicked Witch Hats

 Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



319 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 pumpkin puree hot flavored colors®
- 1 marshmallows
- 2 shortbread cookies dark
- 2 fruit flavored betty fruit gushers® (any variety)

## Equipment

- kitchen scissors

# Directions

- Unroll fruit flavored snack; remove paper.
- Cut Blazin' Blue/Green fruit flavored snack in half, separating the blue from green.
- Cutting diagonally, cut the green half from corner to corner, into two triangles.
- Cut the marshmallow in half top to bottom with scissors sprayed with cooking spray. Then, on each marshmallow half, cut at an angle around top to make a cone shape.
- Wrap green fruit flavored snack triangle around marshmallow cone shape, overlapping sides slightly to form witch hat, bending point of hat as desired.
- Place wrapped marshmallow on top of fudge cookie.
- Cut two thin strips from the remaining half of blue fruit flavored snack. Wrap one of the strips around the base of each wrapped marshmallow hat. Press Gushers® fruit flavored snack on strip to look like a buckle.

# Nutrition Facts



**PROTEIN 3.16%**   **FAT 8.17%**   **CARBS 88.67%**

# Properties

Glycemic Index:62.25, Glycemic Load:5.72, Inflammation Score:-7, Nutrition Score:8.4121738983237%

# Nutrients (% of daily need)

Calories: 319.2kcal (15.96%), Fat: 3.08g (4.74%), Saturated Fat: 0.86g (5.36%), Carbohydrates: 75.19g (25.06%), Net Carbohydrates: 67.84g (24.67%), Sugar: 54.82g (60.91%), Cholesterol: 0mg (0%), Sodium: 60.63mg (2.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Fiber: 7.35g (29.39%), Vitamin A: 1445.42IU (28.91%), Vitamin K: 21.88µg (20.84%), Copper: 0.35mg (17.52%), Vitamin C: 9.92mg (12.03%), Potassium: 410.51mg (11.73%), Vitamin B3: 2.1mg (10.48%), Iron: 1.71mg (9.49%), Manganese: 0.17mg (8.27%), Vitamin B2: 0.14mg (8.22%), Phosphorus: 61.06mg (6.11%), Magnesium: 24.08mg (6.02%), Vitamin B1: 0.09mg (5.96%), Folate: 17.19µg (4.3%), Vitamin B6: 0.08mg (3.97%), Zinc: 0.46mg (3.04%), Calcium: 24.03mg (2.4%), Vitamin B5: 0.22mg (2.17%), Vitamin E: 0.25mg (1.66%)