



Fruity Feather Turkey

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



1447 kcal

SIDE DISH

Ingredients

- 1 farfalle pasta flavored (from 5-oz box)
- 1 peanut butter sandwich cookie crumbs nutter butter®
- 2 m&m candies
- 1 piece candy corn
- 12 oz fluffy frosting white

Equipment

- kitchen scissors

Directions

- Unroll fruit flavored snack; remove paper. With kitchen scissors, cut fruit flavored snack into 5x2 1/2-inch rectangle, cutting one side into a scallop shape.
- Gather together side of fruit flavored snack opposite scalloped sides. Separate cookie; place gathered side on 1 cookie half to make tail feathers. Top with remaining cookie half. Press lightly together.
- Shape 2 feet and wattle for the turkey from remaining fruit flavored snack. Insert feet into filling between cookies.
- Use frosting to attach wattle, eyeballs and candy corn for beak on top of cookie.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:99.63, Inflammation Score:1, Nutrition Score:7.4686955952936%

Nutrients (% of daily need)

Calories: 1447.37kcal (72.37%), Fat: 55.75g (85.78%), Saturated Fat: 10.43g (65.2%), Carbohydrates: 235.59g (78.53%), Net Carbohydrates: 235.47g (85.62%), Sugar: 217.99g (242.21%), Cholesterol: 0.3mg (0.1%), Sodium: 640.95mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin B2: 1.03mg (60.47%), Vitamin K: 44.23µg (42.12%), Vitamin E: 5.21mg (34.71%), Folate: 27.4µg (6.85%), Phosphorus: 63.13mg (6.31%), Vitamin B3: 0.77mg (3.83%), Potassium: 117.9mg (3.37%), Iron: 0.59mg (3.3%), Vitamin B1: 0.03mg (2.33%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.25mg (1.68%), Selenium: 0.97µg (1.39%), Calcium: 12.74mg (1.27%)