



## Fruity Flops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



1

CALORIES



585 kcal

SIDE DISH

### Ingredients

- 1 marshmallows crispy
- 1 serving sprinkles
- 1 snack peppers flavored
- 2 fruit flavored betty fruit gushers®

### Equipment

- kitchen scissors

## Directions

- Cut marshmallow bar in half horizontally. Round corners and trim each into flip flop shape. Immediately press candy sprinkles onto cut sides of each flip flop.
- Unroll Fruit
- Roll-Ups fruit flavored snack; remove paper. With kitchen scissors, cut 2 strips, 4x3/4 inch each, from fruit flavored snack roll. Fold each strip in half, forming V shape. Press on bars to make flip flop straps.
- Place Fruit Gushers fruit flavored snack at tip of each V shape.

## Nutrition Facts

**PROTEIN 2.9%** **FAT 2.18%** **CARBS 94.92%**

## Properties

Glycemic Index:92.5, Glycemic Load:3.79, Inflammation Score:-10, Nutrition Score:18.756956730848%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 584.84kcal (29.24%), Fat: 1.52g (2.34%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 148.63g (49.54%), Net Carbohydrates: 133.63g (48.59%), Sugar: 115.56g (128.4%), Cholesterol: 0mg (0%), Sodium: 51.72mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.09%), Vitamin A: 3594.68IU (71.89%), Vitamin C: 55.64mg (67.44%), Fiber: 14.99g (59.98%), Vitamin K: 42.77µg (40.74%), Copper: 0.69mg (34.33%), Potassium: 860.43mg (24.58%), Vitamin B3: 3.81mg (19.04%), Iron: 2.93mg (16.26%), Vitamin B2: 0.24mg (14.11%), Manganese: 0.27mg (13.75%), Magnesium: 48.5mg (12.13%), Phosphorus: 115.84mg (11.58%), Vitamin B6: 0.23mg (11.28%), Vitamin B1: 0.12mg (8.21%), Folate: 30.95µg (7.74%), Zinc: 0.88mg (5.89%), Calcium: 47.17mg (4.72%), Vitamin B5: 0.46mg (4.58%), Vitamin E: 0.44mg (2.95%)