



Fruity Flops

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



939 kcal

SIDE DISH

Ingredients

- ☐ 1 serving sprinkles
- ☐ 1 fruit flavored
- ☐ 2 fruit flavored betty fruit gushers®
- ☐ 1 marshmallow bar crispy

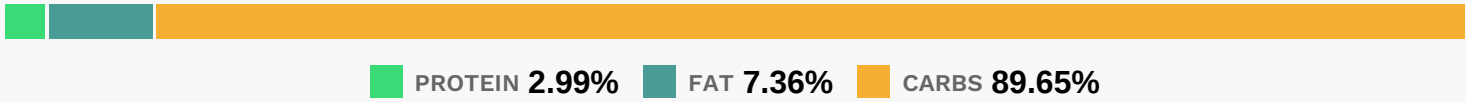
Equipment

- ☐ 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



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:23.961304172226%

Nutrients (% of daily need)

Calories: 939.06kcal (46.95%), Fat: 8.16g (12.55%), Saturated Fat: 5.43g (33.95%), Carbohydrates: 223.6g (74.53%), Net Carbohydrates: 201.72g (73.35%), Sugar: 173.19g (192.44%), Cholesterol: 1.77mg (0.59%), Sodium: 117.69mg (5.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.91%), Fiber: 21.88g (87.52%), Vitamin A: 4093.98IU (81.88%), Vitamin K: 63.52µg (60.49%), Copper: 1.06mg (53.12%), Vitamin C: 29.85mg (36.18%), Potassium: 1248.65mg (35.68%), Vitamin B3: 5.57mg (27.87%), Iron: 4.39mg (24.39%), Vitamin B2: 0.38mg (22.16%), Manganese: 0.43mg (21.69%), Phosphorus: 188.62mg (18.86%), Magnesium: 74.34mg (18.59%), Vitamin B1: 0.2mg (13.42%), Vitamin B6: 0.22mg (11.12%), Zinc: 1.48mg (9.89%), Calcium: 94.37mg (9.44%), Folate: 33.59µg (8.4%), Vitamin B5: 0.62mg (6.21%), Selenium: 1.09µg (1.56%), Vitamin B12: 0.08µg (1.39%), Vitamin E: 0.19mg (1.25%)