



Ghosts on Broomsticks

 Dairy Free

READY IN



75 min.

SERVINGS



14

CALORIES



35 kcal

SIDE DISH

Ingredients

- ☐ 0.8 oz snack peppers (any flavor)
- ☐ 14 pretzel sticks (2 to 3 inches long)
- ☐ 0.7 cup fries white melted
- ☐ 1.5 teaspoons semisweet chocolate chips miniature (52 chips)

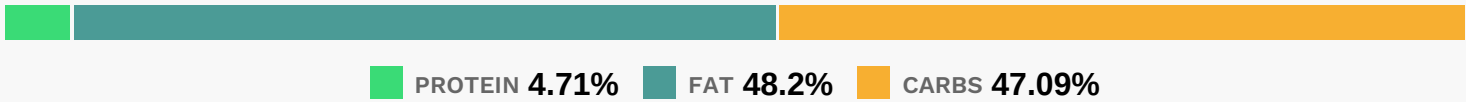
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ kitchen scissors

Directions

- ☐ Line large cookie sheet with waxed paper or parchment paper. Unroll fruit snack roll. With kitchen scissors, cut 3/4-inch-long fringe on one long side of snack roll.
- ☐ Cut fringed roll into 2-inch pieces.
- ☐ To make each "broomstick," wrap piece of fringe around one end of pretzel; press to seal.
- ☐ Place "broomsticks" on waxed paper-lined cookie sheet.
- ☐ Drop rounded 1/2 teaspoonfuls of melted white vanilla chips crosswise onto pretzels; shape to resemble "ghosts" seated on "broomsticks."
- ☐ Press 3 miniature chocolate chips into each "ghost" for eyes and mouth.
- ☐ Let stand at room temperature for about 45 minutes or in freezer for about 5 minutes or until set. Peel candies from waxed paper.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:2.22, Inflammation Score:-1, Nutrition Score:0.89304348162335%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 34.78kcal (1.74%), Fat: 1.91g (2.93%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.59g (1.31%), Sugar: 0.27g (0.3%), Cholesterol: 0.03mg (0.01%), Sodium: 61.89mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin C: 2.66mg (3.23%), Fiber: 0.6g (2.4%), Manganese: 0.04mg (1.96%), Potassium: 55.82mg (1.59%), Vitamin B3: 0.3mg (1.5%), Vitamin B6: 0.03mg (1.26%), Iron: 0.21mg (1.18%), Phosphorus: 11.12mg (1.11%), Folate: 4.14µg (1.03%)