



## Ginger-Ski Men

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



280 kcal

SIDE DISH

## Ingredients

- ☐ 30 pumpkin candies and gummy worms ring-shaped (from 7-oz package)
- ☐ 2.5 inch betty limited edition gingerbread cookie mix (from 5-oz package)
- ☐ 1 snack peppers (from 6-roll box)
- ☐ 20 pretzel sticks
- ☐ 1 cup peppermint candies white
- ☐ 20 cinnamon candies red
- ☐ 20 chocolate chips miniature
- ☐ 10 gingersnaps (from 16-oz box)

☐ 3 inch candy canes

Equipment

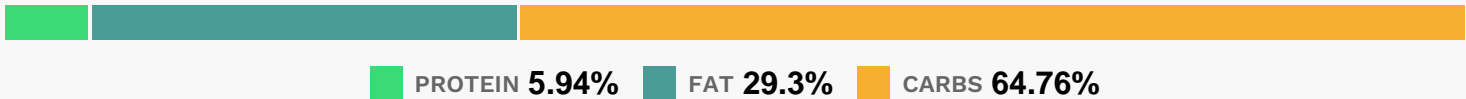
☐ ziploc bags

☐ microwave

Directions

- ☐ Cover work space with large sheet of waxed paper. Gently stretch 1 candy ring, and pull over top of 1 gingerbread man’s head to make hat; repeat 9 times. Unroll fruit snack; cut into 5-inch pieces, separating along perforations. Wrap 1 (5-inch) piece around neck, twisting in center of each, to make scarf. Gently press to stick.
- ☐ Place 1 candy ring near 1 end of each pretzel stick to make ski poles.
- ☐ Place white vanilla baking chips in small resealable freezer plastic bag. Microwave on High 45 seconds, turning bag over after 30 seconds. Squeeze bag until chips are melted and smooth (if necessary, continue microwaving, 15 seconds at a time, until smooth).
- ☐ Cut small tip off one corner of bag.
- ☐ Using melted chips as glue, squeeze small dot in middle of face; attach 1 cinnamon candy to make nose. Squeeze 2 small dots above nose; attach 2 miniature chocolate chips to make eyes. Squeeze small amount to hold candy rings onto pretzels at bottom. Squeeze small amount on top of head to hold candy ring; place cinnamon candy on top. Squeeze small amount to make each hand, and attach pretzel ski poles, setting outward to fit outside skis.
- ☐ Drizzle over top of round gingersnap cookie, and set 2 miniature candy canes 1/2 inch apart, with hook ends standing up. Repeat for remaining ski men. Allow to set, about 30 minutes.
- ☐ When set, microwave chips in bag to melt again, about 30 seconds or until smooth. For each ski man, squeeze small amount on top of candy cane skis; stand gingerbread man on each; allow to set, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:1.8639130579389%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 279.68kcal (13.98%), Fat: 9.45g (14.54%), Saturated Fat: 7.52g (46.99%), Carbohydrates: 47.01g (15.67%), Net Carbohydrates: 46.61g (16.95%), Sugar: 30.9g (34.33%), Cholesterol: 0.3mg (0.1%), Sodium: 80.91mg (3.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Manganese: 0.22mg (11.12%), Calcium: 48.01mg (4.8%), Vitamin C: 3.77mg (4.57%), Iron: 0.66mg (3.66%), Folate: 9.45µg (2.36%), Vitamin A: 93.95IU (1.88%), Vitamin B3: 0.32mg (1.62%), Vitamin B2: 0.03mg (1.6%), Fiber: 0.4g (1.59%), Vitamin B1: 0.02mg (1.39%), Copper: 0.03mg (1.33%), Magnesium: 4.94mg (1.23%), Potassium: 36.7mg (1.05%)