



Gluten-Free Fruiti Sushi

 Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups rice chex gluten free ()
- ☐ 4 fruit (any favorite flavor; from 5-oz box)
- ☐ 12 m&m candies
- ☐ 1 cup vanilla extract white

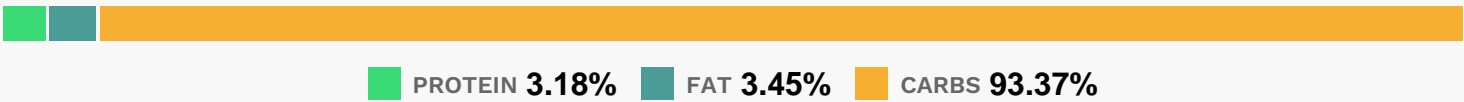
Equipment

- ☐ bowl
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Place cereal in resealable food-storage plastic bag; seal bag and crush with fingers to make 3/4 cup.
- ☐ In medium microwavable bowl, microwave baking chips as directed on package until melted and stirred smooth.
- ☐ Add crushed cereal; stir until well coated.
- ☐ Unroll fruit snack rolls. For each sushi roll, spread 1/4 of cereal mixture on snack roll to within 1/2 inch of one short side. Arrange 3 candy worms, side by side, on cereal-covered short side.
- ☐ Starting with short side topped with candy worms, roll up each snack roll tightly, pressing unfilled short side of roll to seal.
- ☐ Let sushi rolls stand 5 to 10 minutes or until firm.
- ☐ Cut each roll into 4 slices. Store loosely covered.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.3017391142962%

Nutrients (% of daily need)

Calories: 113.24kcal (5.66%), Fat: 0.34g (0.52%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 18.57g (6.75%), Sugar: 14.94g (16.6%), Cholesterol: 0.11mg (0.04%), Sodium: 24.37mg (1.06%), Alcohol: 4.47g (100%), Alcohol %: 4.42% (100%), Protein: 0.7g (1.39%), Vitamin A: 380.5IU (7.61%), Fiber: 1.86g (7.45%), Manganese: 0.14mg (6.79%), Iron: 1.08mg (5.98%), Copper: 0.1mg (4.96%), Vitamin K: 5.2µg (4.95%), Folate: 17.88µg (4.47%), Vitamin B3: 0.89mg (4.43%), Vitamin B2: 0.07mg (4.3%), Vitamin C: 2.95mg (3.57%), Potassium: 123.33mg (3.52%), Vitamin B6: 0.06mg (3.02%), Vitamin B1: 0.04mg (2.95%), Zinc: 0.41mg (2.73%), Vitamin B12: 0.12µg (1.97%), Magnesium: 7.82mg (1.95%), Phosphorus: 17.4mg (1.74%), Calcium: 15.73mg (1.57%)