



Gluten-Free Fruiti Sushi

 Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups rice chex gluten free ()
- ☐ 1 cup peppermint candies white
- ☐ 4 snack peppers (any favorite flavor; from 5-oz box)
- ☐ 12 pumpkin candies and gummy worms

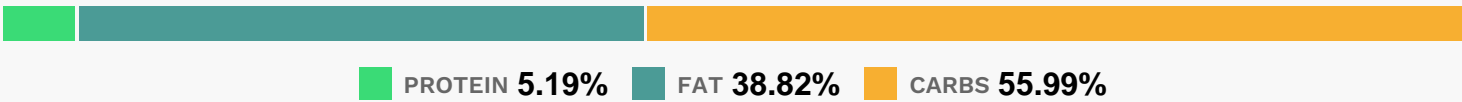
Equipment

- ☐ 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:2, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:2.2486956663754%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 114.83kcal (5.74%), Fat: 5.17g (7.96%), Saturated Fat: 4.4g (27.47%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 16.59g (6.03%), Sugar: 12.18g (13.53%), Cholesterol: 0mg (0%), Sodium: 29.62mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.11%), Vitamin C: 9.43mg (11.43%), Vitamin A: 258.24IU (5.16%), Folate: 18.85µg (4.71%), Manganese: 0.08mg (4.17%), Iron: 0.73mg (4.07%), Calcium: 30.47mg (3.05%), Vitamin B6: 0.06mg (2.97%), Vitamin B2: 0.04mg (2.34%), Vitamin B3: 0.46mg (2.29%), Vitamin B1: 0.03mg (2.21%), Zinc: 0.31mg (2.07%), Vitamin B12: 0.12µg (1.97%)