



Halloween Monster-Mouth Snacks

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



859 kcal

SIDE DISH

Ingredients

- 4 slices apples unpeeled
- 5 fruit flavored (any flavor)
- 8 marshmallows miniature
- 2 tablespoons peanut butter

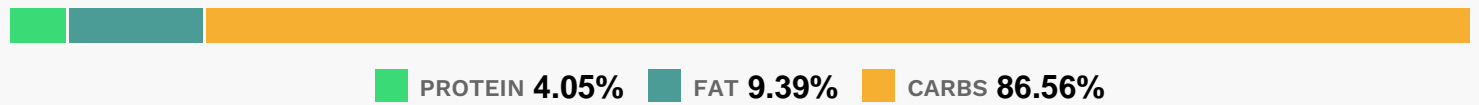
Equipment

- kitchen scissors

Directions

- Unroll Fruit
- Roll-Ups fruit flavored snack rolls; remove paper. Wrap each apple slice with 1 fruit flavored snack so side of slice with peel is smooth.
- With kitchen scissors, cut 2 long, tongue-shaped pieces from remaining Fruit
- Roll-Ups fruit flavored snack.
- Spread 1 side of each apple slice with peanut butter.
- Place 1 end of tongue-shaped pieces on 2 of the apple slices. Arrange 4 marshmallows on top of the peanut butter on each of these slices.
- Place remaining apple slices, peanut butter side down, on top of the marshmallows. Squeeze apples slices gently together.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:9.72, Inflammation Score:-10, Nutrition Score:25.262608890948%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg, Catechin: 2.83mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 16.42mg, Epicatechin: 16.42mg, Epicatechin: 16.42mg, Epicatechin: 16.42mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg, Quercetin: 8.74mg

Nutrients (% of daily need)

Calories: 859.03kcal (42.95%), Fat: 9.68g (14.89%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 200.74g (66.91%), Net Carbohydrates: 176.74g (64.27%), Sugar: 152.53g (169.47%), Cholesterol: 0mg (0%), Sodium: 129.31mg (5.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Fiber: 24g (96.01%), Vitamin A: 3515.22IU (70.3%), Vitamin K: 56.59µg (53.9%), Copper: 0.97mg (48.63%), Vitamin C: 34.78mg (42.16%), Potassium:

1324.89mg (37.85%), Vitamin B3: 6.74mg (33.69%), Manganese: 0.61mg (30.74%), Magnesium: 94.25mg (23.56%), Iron: 4.03mg (22.4%), Phosphorus: 213.44mg (21.34%), Vitamin B2: 0.36mg (21.02%), Vitamin B6: 0.34mg (17.03%), Vitamin B1: 0.19mg (12.94%), Vitamin E: 1.85mg (12.33%), Folate: 42.83µg (10.71%), Zinc: 1.51mg (10.05%), Calcium: 77.25mg (7.73%), Vitamin B5: 0.76mg (7.64%), Selenium: 0.7µg (1.01%)