



Huck Finn Teddy Bear Raft Snacks

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

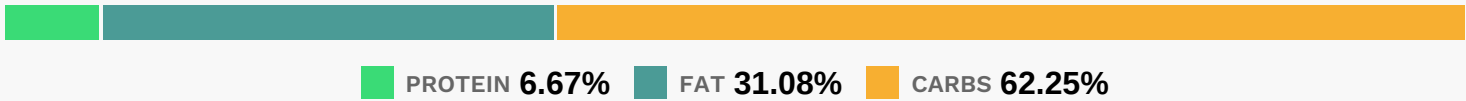
- ☐ 18 inches celery
- ☐ 0.5 cup whipped cream (from 8-oz container)
- ☐ 12 baby carrots cut in half lengthwise
- ☐ 6 tortilla chips miniature ranch-flavored (from)
- ☐ 6 pretzel sticks (3x)
- ☐ 12 graham cracker squares
- ☐ 6 graham flour bear-shaped
- ☐ 0.5 cup round buttery crackers fish-shaped

Equipment

Directions

- ☐ For each snack, fill indentation of celery piece with about 1 tablespoon cream cheese, mounding slightly in center.
- ☐ Place on small plate, cream cheese up. Press 4 carrot halves, flat side up, across celery to make flat surface on celery to resemble raft.
- ☐ Place tiny amount of cream cheese on one edge of 1 tortilla chip; attach to one end of 1 pretzel stick to resemble flag on pole. Push end of pretzel into cream cheese between 2 carrot halves.
- ☐ Place tiny amount of cream cheese on opposite edges of each of 2 cheese snack crackers. Press cream cheese-covered edges of crackers to carrot surface, leaning crackers together to resemble tent. Attach teddy bear to raft near flag with small amount of cream cheese. Scatter fish-shaped crackers on plate around raft.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:8.28, Inflammation Score:-9, Nutrition Score:5.7491303520358%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 125.35kcal (6.27%), Fat: 4.37g (6.72%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 18.02g (6.55%), Sugar: 5.17g (5.75%), Cholesterol: 3.8mg (1.27%), Sodium: 178.37mg (7.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.22%), Vitamin A: 2846.22IU (56.92%), Vitamin K: 8.63µg (8.22%), Fiber: 1.68g (6.71%), Phosphorus: 62.29mg (6.23%), Iron: 1.11mg (6.18%), Folate: 21.23µg (5.31%), Vitamin B3: 0.98mg (4.9%), Vitamin B1: 0.07mg (4.72%), Vitamin B2: 0.07mg (4%), Magnesium: 15.75mg (3.94%), Calcium: 38.33mg (3.83%), Manganese: 0.07mg (3.73%), Potassium: 123.32mg (3.52%), Zinc: 0.42mg (2.78%), Vitamin B6: 0.05mg (2.73%), Vitamin E: 0.35mg (2.32%), Copper: 0.04mg (1.94%), Vitamin B5: 0.18mg (1.81%), Vitamin C: 0.9mg (1.09%)