



Individual Boo Cups

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



5

CALORIES



87 kcal

SIDE DISH

Ingredients

- 5 servings jell-o chocolate pudding snacks
- 5 servings chewy fruit snacks worm-shaped
- 5 servings semi-sweet chocolate chips miniature
- 5 servings cool whip whipped topping thawed

Equipment

- aluminum foil

Directions

- Pass out 1 pudding cup to each child. Have them remove the foil cover. Then, pass around the tub of COOL WHIP along with a spoon and let each child take his or her turn dropping 2 Tbsp. of the COOL WHIP onto their pudding cup to create a ghost.
- Add 2 chocolate chips to each for the ghost's eyes, then decorate with 2 fruit snacks.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.2539130397465%

Nutrients (% of daily need)

Calories: 87.19kcal (4.36%), Fat: 1.11g (1.71%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 17.81g (6.48%), Sugar: 15.44g (17.15%), Cholesterol: 0.15mg (0.05%), Sodium: 23.56mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.53%), Fiber: 2.01g (8.05%), Vitamin A: 361.7IU (7.23%), Vitamin K: 5.68µg (5.41%), Copper: 0.11mg (5.27%), Potassium: 118.04mg (3.37%), Vitamin C: 2.61mg (3.16%), Iron: 0.45mg (2.49%), Manganese: 0.05mg (2.45%), Vitamin B3: 0.48mg (2.4%), Magnesium: 8.45mg (2.11%), Phosphorus: 20.87mg (2.09%), Vitamin B2: 0.03mg (1.97%), Vitamin B1: 0.02mg (1.04%), Vitamin B6: 0.02mg (1.02%)