



JET-PUFFED Snowman

READY IN



10 min.

SERVINGS



1

CALORIES



297 kcal

SIDE DISH

Ingredients

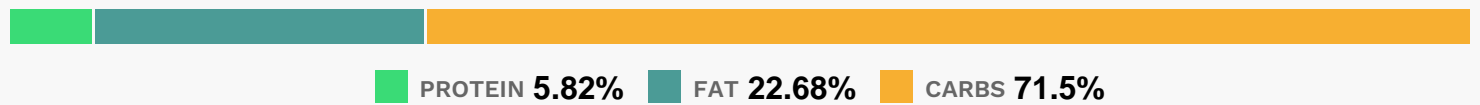
- 1 serving decorating gel
- 1 serving decorating icing white
- 1 serving marshmallows jet-puffed
- 1 serving oreo cookies
- 1 serving pretzel sticks
- 1 serving string licorice red

Equipment

Directions

- Spread icing on end of 1 marshmallow; place icing-side down on top of cookie.
- Spread icing on both ends of another marshmallow and stack it on the first. Top with a third marshmallow to make the snowman.
- Use decorating gel to draw the eyes, nose and mouth on top marshmallow.
- Insert 2 pretzels into middle marshmallow of snowman for the arms.
- Cut a 4-inch length of licorice and tie around neck for a scarf.

Nutrition Facts



Properties

Glycemic Index:232.5, Glycemic Load:27.64, Inflammation Score:-5, Nutrition Score:9.0317392038262%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 297.38kcal (14.87%), Fat: 7.64g (11.76%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 54.22g (18.07%), Net Carbohydrates: 51.45g (18.71%), Sugar: 25.27g (28.08%), Cholesterol: 0mg (0%), Sodium: 446.79mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin K: 31.18µg (29.69%), Manganese: 0.46mg (22.85%), Folate: 77.99µg (19.5%), Iron: 3.27mg (18.15%), Vitamin B2: 0.26mg (15.39%), Vitamin B1: 0.19mg (12.6%), Vitamin B3: 2.24mg (11.18%), Fiber: 2.77g (11.07%), Vitamin C: 7.3mg (8.85%), Vitamin A: 379.73IU (7.59%), Phosphorus: 72.4mg (7.24%), Vitamin E: 1.07mg (7.1%), Magnesium: 27.5mg (6.87%), Potassium: 214.58mg (6.13%), Copper: 0.12mg (6.02%), Vitamin B6: 0.1mg (5.05%), Zinc: 0.53mg (3.51%), Selenium: 2.2µg (3.14%), Calcium: 31.16mg (3.12%), Vitamin B5: 0.27mg (2.68%)