

LIFE SAVERS® Christmas Tree

 Vegetarian  Dairy Free

READY IN



11 min.

SERVINGS



1

CALORIES



126 kcal

SIDE DISH

Ingredients

- 1 serving shoestring licorice
- 6 individually wrapped lime flavor (sold in bag)
- 1 plastic drinking straw

Equipment

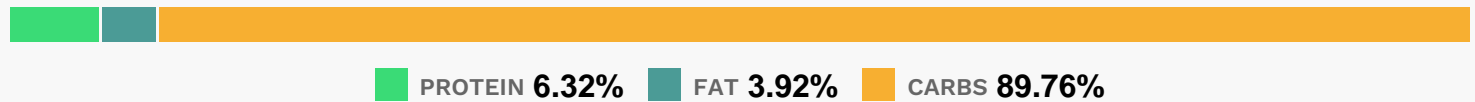
- baking sheet
- baking paper
- oven
- aluminum foil

drinking straws

Directions

- Preheat oven to 325F. Cover baking sheet with parchment paper or foil.
- Cut a 1-1/2-inch piece of straw; set aside to make hole in ornament. Unwrap and arrange candy on parchment paper in tree shape, using 1 candy in top row, 2 in center row and 3 in bottom row.
- Bake 3 to 6 min. or until candies are melted.
- Remove from oven. Make a hole, about 1/2 inch from the top, by pressing drinking straw into ornament, leaving in place until candy is cooled.
- Cool completely before removing ornament from paper. Gently remove straw. Thread a 6- to 8-inch piece of shoestring licorice into the hole in tree to hang the ornament.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:9.91, Inflammation Score:-7, Nutrition Score:11.9913043924%

Flavonoids

Hesperetin: 172.86mg, Hesperetin: 172.86mg, Hesperetin: 172.86mg, Hesperetin: 172.86mg Naringenin: 13.67mg, Naringenin: 13.67mg, Naringenin: 13.67mg, Naringenin: 13.67mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 125.86kcal (6.29%), Fat: 0.84g (1.29%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 43.32g (14.44%), Net Carbohydrates: 31.92g (11.61%), Sugar: 7.19g (7.99%), Cholesterol: 0mg (0%), Sodium: 29.66mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin C: 116.98mg (141.8%), Fiber: 11.39g (45.57%), Iron: 2.49mg (13.84%), Copper: 0.27mg (13.43%), Calcium: 133.21mg (13.32%), Potassium: 414.33mg (11.84%), Vitamin B5: 0.89mg (8.95%), Vitamin B6: 0.17mg (8.68%), Folate: 34.25µg (8.56%), Vitamin B1: 0.12mg (8.09%), Phosphorus: 75.71mg (7.57%), Magnesium: 24.5mg (6.13%), Vitamin E: 0.88mg (5.9%), Vitamin B2: 0.08mg (4.96%), Vitamin B3: 0.82mg (4.08%), Vitamin A: 201IU (4.02%), Selenium: 2.44µg (3.49%), Zinc: 0.48mg (3.19%), Vitamin K: 2.41µg (2.3%), Manganese: 0.04mg (1.88%)