

LIFE SAVERS® Wreath

 Vegetarian  Dairy Free

READY IN



11 min.

SERVINGS



1

CALORIES



166 kcal

SIDE DISH

Ingredients

- 1 serving shoestring licorice
- 8 lime flavor (sold in bag)
- 1 plastic drinking straw

Equipment

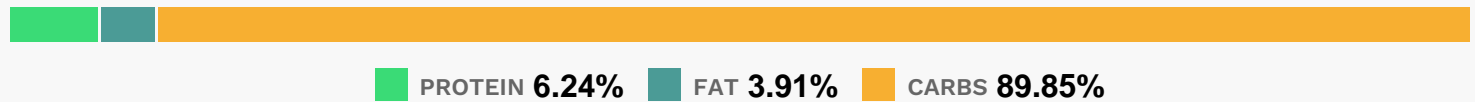
- baking sheet
- baking paper
- oven
- aluminum foil

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 candies on parchment paper in circular shape, leaving at least a 1-1/2-inch opening in the center.
- 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 to hang the ornament.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:13.21, Inflammation Score:-8, Nutrition Score:14.46869575459%

Flavonoids

Hesperetin: 230.48mg, Hesperetin: 230.48mg, Hesperetin: 230.48mg, Hesperetin: 230.48mg Naringenin: 18.22mg, Naringenin: 18.22mg, Naringenin: 18.22mg, Naringenin: 18.22mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 166.06kcal (8.3%), Fat: 1.11g (1.71%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 57.39g (19.13%), Net Carbohydrates: 42.24g (15.36%), Sugar: 9.46g (10.51%), Cholesterol: 0mg (0%), Sodium: 32.34mg (1.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin C: 155.98mg (189.06%), Fiber: 15.15g (60.58%), Iron: 3.29mg (18.3%), Copper: 0.36mg (17.79%), Calcium: 177.43mg (17.74%), Potassium: 551.01mg (15.74%), Vitamin B5: 1.19mg (11.86%), Vitamin B6: 0.23mg (11.56%), Folate: 44.97µg (11.24%), Vitamin B1: 0.16mg (10.77%), Phosphorus: 99.83mg (9.98%), Magnesium: 32.54mg (8.14%), Vitamin E: 1.18mg (7.86%), Vitamin B2: 0.11mg (6.53%), Vitamin B3: 1.08mg (5.42%), Vitamin A: 268IU (5.36%), Selenium: 2.98µg (4.26%), Zinc: 0.63mg (4.18%), Vitamin K: 3.22µg (3.06%), Manganese: 0.05mg (2.41%)