



Marshmallow Pie Topping

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

READY IN



5 min.

SERVINGS



5

CALORIES



113 kcal

Ingredients

- 1 cup marshmallow crème jet-puffed
- 0.8 cup marshmallows jet-puffed miniature
- 1 Tbsp liqueur orange-flavored

Equipment

Directions

- Mix marshmallow creme and liqueur until well blended.
- Stir in marshmallows.

Serve over pie slices, such as pumpkin.

Nutrition Facts

PROTEIN 0.47% **FAT 0.12%** **CARBS 99.41%**

Properties

Glycemic Index:12.1, Glycemic Load:3.68, Inflammation Score:1, Nutrition Score:0.040000000725622%

Nutrients (% of daily need)

Calories: 112.96kcal (5.65%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.03%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 28.84g (10.49%), Sugar: 21.09g (23.43%), Cholesterol: 0mg (0%), Sodium: 6mg (0.26%), Alcohol: 1.19g (100%), Alcohol %: 4.22% (100%), Protein: 0.14g (0.27%)