



Mermaid Trinkets

 Vegetarian  Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



1824 kcal

Ingredients

- 7 corn and oat cereal sweetened honeycomb-shaped
- 7 chewy fruit snacks ring-shaped
- 1 piece shoestring licorice red

Equipment

Directions

- Tie a knot at one end of the licorice.

Thread the other end of the licorice through the cereal pieces, tying extra knots and adding chewy fruit snacks as desired.

Secure both ends of the necklace together with an additional knot.

Nutrition Facts

PROTEIN 3.07% **FAT 1.46%** **CARBS 95.47%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:44.073043460269%

Nutrients (% of daily need)

Calories: 1823.99kcal (91.2%), Fat: 3.18g (4.89%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 468.21g (156.07%), Net Carbohydrates: 417.58g (151.85%), Sugar: 355.44g (394.93%), Cholesterol: 0mg (0%), Sodium: 209.03mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Fiber: 50.63g (202.52%), Vitamin A: 9638.02IU (192.76%), Vitamin K: 144.9µg (138%), Copper: 2.38mg (118.82%), Vitamin C: 70.77mg (85.78%), Potassium: 2815.26mg (80.44%), Vitamin B3: 13.6mg (68%), Iron: 11.79mg (65.49%), Vitamin B2: 0.86mg (50.73%), Manganese: 0.86mg (43.11%), Magnesium: 160.23mg (40.06%), Phosphorus: 385.14mg (38.51%), Vitamin B6: 0.63mg (31.47%), Vitamin B1: 0.47mg (31.45%), Folate: 87.99µg (22%), Zinc: 2.9mg (19.37%), Calcium: 157.85mg (15.79%), Vitamin B5: 1.31mg (13.08%), Vitamin B12: 0.35µg (5.83%), Vitamin D: 0.25µg (1.68%)