



Monster Mouths

READY IN



30 min.

SERVINGS



8

CALORIES



234 kcal

SIDE DISH

Ingredients

- ☐ 2.3 cups baking mix
- ☐ 0.7 cup milk
- ☐ 3 tablespoons milk
- ☐ 2.3 ounces sprinkles red ()
- ☐ 5 ounce snack peppers
- ☐ 0.7 cup raisins

Equipment

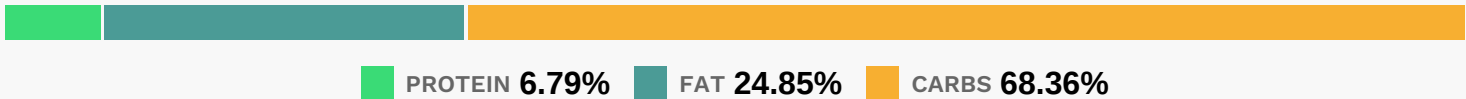
- ☐ baking sheet

- ☐ oven
- ☐ knife
- ☐ wire rack

Directions

- ☐ Heat oven to 450°. Stir baking mix and 2/3 cup milk until soft dough forms. Turn dough onto surface dusted with baking mix; gently roll in baking mix to coat. Shape into ball; knead 10 times.
- ☐ Roll dough 1/2 inch thick.
- ☐ Cut with 2 1/2-inch round cutter.
- ☐ Roll edges of biscuits in 3 tablespoons milk, then roll in colored sugar.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 8 to 10 minutes or until light golden brown.
- ☐ Remove from cookie sheet to wire rack. Cool completely.
- ☐ Split biscuits three-fourths of the way through with sharp knife.
- ☐ Cut 8 tongue shapes, about 3x1 inch, from fruit rolls.
- ☐ Place each tongue on center of biscuit bottom, letting tongue hang out of biscuit. Stand raisins between biscuit halves for teeth.

Nutrition Facts



Properties

Glycemic Index:20.85, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:8.351304349692%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 234.13kcal (11.71%), Fat: 6.56g (10.09%), Saturated Fat: 2.24g (13.97%), Carbohydrates: 40.62g (13.54%), Net Carbohydrates: 38.72g (14.08%), Sugar: 13.18g (14.64%), Cholesterol: 3.79mg (1.26%), Sodium: 444.61mg (19.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Vitamin C: 23.43mg (28.4%),

Phosphorus: 237.32mg (23.73%), Vitamin B1: 0.23mg (15.45%), Vitamin B2: 0.22mg (12.96%), Folate: 50.7µg (12.68%), Vitamin A: 598.17IU (11.96%), Calcium: 96.96mg (9.7%), Vitamin B3: 1.87mg (9.34%), Manganese: 0.17mg (8.39%), Fiber: 1.9g (7.61%), Iron: 1.32mg (7.36%), Potassium: 231.02mg (6.6%), Vitamin B6: 0.12mg (5.79%), Copper: 0.09mg (4.59%), Vitamin B5: 0.46mg (4.57%), Vitamin B12: 0.27µg (4.53%), Selenium: 3.11µg (4.45%), Magnesium: 17.3mg (4.33%), Vitamin K: 3.14µg (2.99%), Zinc: 0.38mg (2.5%), Vitamin E: 0.34mg (2.25%), Vitamin D: 0.29µg (1.9%)