



Monster Pops

READY IN



20 min.

SERVINGS



20

CALORIES



139 kcal

Ingredients

- 6 chewy fruit snacks ring-shaped
- 20 servings halloween decorating gels assorted
- 12 marshmallows jet-puffed miniature
- 6 wooden pop sticks
- 6 chewy fig-filled cookies


Equipment

Directions

- Insert 1 pop stick into each cookie.

- Decorate cookies with remaining ingredients to resemble monster faces.
- Let stand until set.
- Insert pops into a floral foam block placed inside a Halloween container and use as a centerpiece, if desired.

Nutrition Facts

 **PROTEIN 2.28%**  **FAT 8.61%**  **CARBS 89.11%**

Properties

Glycemic Index:6.34, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:2.5082608552083%

Nutrients (% of daily need)

Calories: 139.13kcal (6.96%), Fat: 1.39g (2.14%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 32.35g (10.78%), Net Carbohydrates: 30.09g (10.94%), Sugar: 25.95g (28.83%), Cholesterol: 0mg (0%), Sodium: 21.08mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Fiber: 2.26g (9.03%), Vitamin A: 408.29IU (8.17%), Vitamin K: 6.39µg (6.09%), Copper: 0.11mg (5.33%), Vitamin C: 2.97mg (3.6%), Potassium: 124.43mg (3.56%), Vitamin B3: 0.63mg (3.17%), Iron: 0.51mg (2.83%), Manganese: 0.05mg (2.52%), Vitamin B2: 0.04mg (2.44%), Phosphorus: 20.01mg (2%), Magnesium: 7.69mg (1.92%), Vitamin B1: 0.03mg (1.73%), Folate: 4.6µg (1.15%), Vitamin B6: 0.02mg (1.14%)