



## Ring Around the Posey

READY IN



65 min.

SERVINGS



5

CALORIES



707 kcal

SIDE DISH

### Ingredients

- 28 slices apples
- 8 oz philadelphia strawberry cream cheese spread
- 7 oz marshmallow crème jet-puffed
- 28 vanilla wafers

### Equipment

### Directions

- Mix cream cheese spread and marshmallow creme until well blended; cover.

- Refrigerate at least 1 hour.
- Spoon cream cheese mixture onto center of dinner plate just before serving. Arrange wafers and apple slices alternately around cream cheese mixture to resemble flower petals.

## Nutrition Facts

**PROTEIN 3.04%**

**FAT 19.93%**

**CARBS 77.03%**

### Properties

Glycemic Index:21.8, Glycemic Load:40.82, Inflammation Score:-7, Nutrition Score:11.49347819971%

### Flavonoids

Cyanidin: 9.58mg, Cyanidin: 9.58mg, Cyanidin: 9.58mg, Cyanidin: 9.58mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.94mg, Catechin: 7.94mg, Catechin: 7.94mg, Catechin: 7.94mg Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg, Epigallocatechin: 1.59mg Epicatechin: 45.96mg, Epicatechin: 45.96mg, Epicatechin: 45.96mg, Epicatechin: 45.96mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 1.16mg, Epigallocatechin 3-gallate: 1.16mg, Epigallocatechin 3-gallate: 1.16mg, Epigallocatechin 3-gallate: 1.16mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Quercetin: 24.48mg, Quercetin: 24.48mg, Quercetin: 24.48mg, Quercetin: 24.48mg

### Nutrients (% of daily need)

Calories: 707.37kcal (35.37%), Fat: 16.71g (25.71%), Saturated Fat: 8.4g (52.53%), Carbohydrates: 145.35g (48.45%), Net Carbohydrates: 130.23g (47.35%), Sugar: 99.91g (111.02%), Cholesterol: 28.46mg (9.49%), Sodium: 351.64mg (15.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Fiber: 15.12g (60.48%), Vitamin C: 28.08mg (34.03%), Potassium: 681.35mg (19.47%), Vitamin B1: 0.24mg (16.33%), Vitamin A: 760.53IU (15.21%), Vitamin B2: 0.24mg (13.88%), Vitamin K: 13.43µg (12.79%), Vitamin B6: 0.25mg (12.51%), Folate: 47.88µg (11.97%), Manganese: 0.21mg (10.68%), Calcium: 91.06mg (9.11%), Copper: 0.16mg (8.24%), Phosphorus: 81.26mg (8.13%), Magnesium: 30.52mg (7.63%), Vitamin E: 1.1mg (7.32%), Vitamin B3: 1.43mg (7.15%), Iron: 0.73mg (4.07%), Vitamin B5: 0.37mg (3.72%), Zinc: 0.24mg (1.63%)