



String 'n Eat Necklaces

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



425 kcal

SIDE DISH

Ingredients

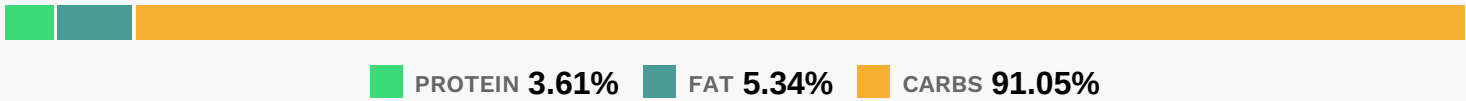
- ☐ 0.3 cup cheerios cheerios®
- ☐ 144 inches twist and ends together to make a rough knob. cover red
- ☐ 1.3 oz m&m candies tube-shaped
- ☐ 0.5 cup marshmallows miniature
- ☐ 1 tablespoon powdered sugar
- ☐ 1.5 oz portugese rolls ring-shaped

Equipment

Directions

- ☐ Onto each piece of shoestring licorice, string an arrangement of cereal, candies and marshmallows (to prevent stickiness, dip 1 end of licorice into powdered sugar before poking licorice through each marshmallow).
- ☐ When each licorice is 3/4 full, tie ends of licorice together into a double knot to make a necklace.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:6.51, Inflammation Score:-1, Nutrition Score:1.6013043400548%

Nutrients (% of daily need)

Calories: 424.62kcal (21.23%), Fat: 2.53g (3.89%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 97.01g (32.34%), Net Carbohydrates: 96.43g (35.07%), Sugar: 48.4g (53.78%), Cholesterol: 1.33mg (0.44%), Sodium: 109.28mg (4.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Iron: 2.22mg (12.36%), Folate: 12.56µg (3.14%), Manganese: 0.06mg (3.13%), Fiber: 0.58g (2.33%), Vitamin B12: 0.12µg (1.97%), Calcium: 17.69mg (1.77%), Vitamin B3: 0.32mg (1.59%), Vitamin B6: 0.03mg (1.58%), Zinc: 0.24mg (1.58%), Vitamin A: 77.58IU (1.55%), Vitamin B1: 0.02mg (1.52%)