

Fun Fact of the Week

What 100 Calories of Easter Candy Looks Like (The Peeps Photo May Surprise You!)*

By JENNY SUGAR

Whether the Easter Bunny brings you marshmallow Peeps, Cadbury Creme Eggs, or jelly beans, like Halloween, this holiday surrounds us with delicious, crave-worthy candy.

It's only once a year, so don't hesitate to indulge, but before you do, check out how many nibbles of your favorite Easter goodies add up to 100 calories.



Image Source:POPSUGAR Photography/Jenny Sugar



Image Source:POPSUGAR Photography/Jenny Sugar

Brach's Jelly Beans

1 bean = 6 calories

17 beans = 102 calories



Image Source:POPSUGAR Photography/Jenny Sugar

Peeps

1 Peep = 28 calories

3.5 Peeps = 98 calories



Cadbury Mini Eggs

1 piece = 16 calories
6 pieces = 96 calories

Image Source:POPSUGAR Photography/Jenny Sugar



Cadbury Creme Egg

1 egg = 150 calories
2/3 egg = 100 calories

Image Source:POPSUGAR Photography/Jenny Sugar



Cadbury Mini Creme Eggs

1 mini egg = 40 calories
2.5 mini eggs = 100 calories

Image Source:POPSUGAR Photography/Jenny Sugar



Cadbury Caramel Egg

1 egg = 170 calories

2/3 egg = 113 calories

Image Source:POPSUGAR Photography/Jenny Sugar



Cadbury Mini Caramel Eggs

1 mini egg = 45 calories

2 mini eggs = 90 calories

Image Source:POPSUGAR Photography/Jenny Sugar



Peter Rabbit Chocolate Bunny

1 bunny = 440 calories

1/4 bunny = 110 calories

Image Source:POPSUGAR Photography/Jenny Sugar



M&M's

1/8 cup = 105 calories

Image Source:POPSUGAR Photography/Jenny Sugar



Reese's Peanut Butter Egg

1 egg = 170 calories

2/3 egg = 113 calories

Image Source:POPSUGAR Photography/Jenny Sugar



Reese's Peanut Butter Mini Eggs

1 piece = 40 calories

2.5 pieces = 100 calories

Image Source:POPSUGAR Photography/Jenny Sugar



Hershey's Milk Chocolate Eggs

1 piece = 29 calories

3.5 pieces = 102 calories

Image Source:POPSUGAR Photography/Jenny Sugar

<https://www.popsugar.com/fitness/Photos-100-Calories-Easter-Candy-22272258>