



## Candied Flowers



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



495 min.

SERVINGS



24

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



2 cups ice assorted



0.3 cup egg whites beaten



0.5 cup caster sugar

## Equipment

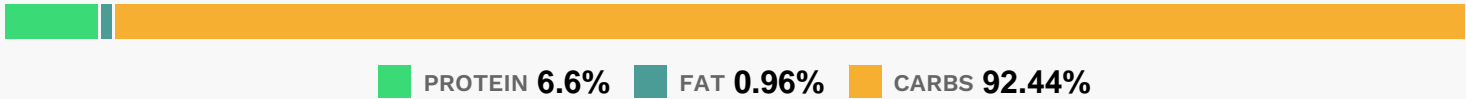


bowl

## Directions

- ☐
- Clean and dry your flowers or petals. Use a brush to paint a thin layer of egg white onto each side of the flower petals or blossoms. Gently place them into a shallow bowl of superfine sugar and sprinkle sugar over them to coat.
- ☐
- Remove from the bowl, and place them on a piece of waxed paper.
- ☐
- Sprinkle some more of the sugar over them. Allow them to dry until stiff, about 8 hours. Store at room temperature in an airtight container until using.

## Nutrition Facts



## Properties

Glycemic Index:2.92, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:0.23130435059252%

## Nutrients (% of daily need)

Calories: 17.77kcal (0.89%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 4.26g (1.55%), Sugar: 4.18g (4.64%), Cholesterol: 0mg (0%), Sodium: 4.38mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.61%), Vitamin A: 53.54IU (1.07%)