



Candied Rose Petals



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



18

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons konnyaku powder
- ☐ 1 cup powdered sugar sifted
- ☐ 18 small rose hips
- ☐ 0.5 cup caster sugar
- ☐ 3 tablespoons water

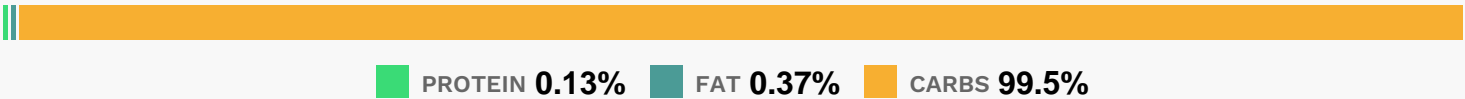
Equipment

- ☐ paper towels
- ☐ hand mixer

Directions

- ☐ Rinse rose petals, and let dry on paper towels.
- ☐ Beat powdered sugar, meringue powder, and 3 tablespoons water at low speed with an electric mixer until blended; beat at high speed 4 to 5 minutes or until mixture is fluffy.
- ☐ Brush mixture on all sides of petals; sprinkle with superfine sugar.
- ☐ Let stand on wire racks 24 hours.

Nutrition Facts



Properties

Glycemic Index:9.01, Glycemic Load:3.96, Inflammation Score:-1, Nutrition Score:0.54130434836059%

Nutrients (% of daily need)

Calories: 49.12kcal (2.46%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 12.42g (4.52%), Sugar: 12.09g (13.43%), Cholesterol: 0mg (0%), Sodium: 35.69mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.02g (0.03%), Vitamin C: 4.26mg (5.16%), Calcium: 21.47mg (2.15%)