

Candy Strawberries

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

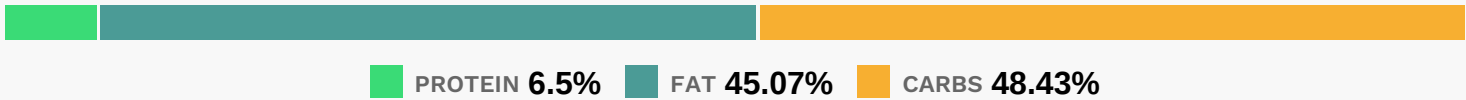
- ☐ 0.3 cup almonds sliced
- ☐ 1 cup coconut or flaked
- ☐ 5 drops food coloring green
- ☐ 1 cup ground pecans
- ☐ 6 ounce strawberry jell-o flavored
- ☐ 2.3 ounce decorator sugar red
- ☐ 0.8 cup condensed milk sweetened
- ☐ 0.5 teaspoon vanilla extract

Equipment

Directions

- ☐ Combine gelatin, pecans, and coconut. Stir in milk and vanilla; mix well. Chill one hour.
- ☐ Shape into strawberries.
- ☐ Roll in red sugar; tint sliced almonds with green food coloring and insert in top of "berries" to form leaves.

Nutrition Facts



Properties

Glycemic Index:6.3, Glycemic Load:5.06, Inflammation Score:-1, Nutrition Score:2.6982608612465%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 125.6kcal (6.28%), Fat: 6.57g (10.11%), Saturated Fat: 2.84g (17.77%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 14.8g (5.38%), Sugar: 14.43g (16.03%), Cholesterol: 3.25mg (1.08%), Sodium: 46.53mg (2.02%), Alcohol: 0.03g (100%), Alcohol %: 0.13% (100%), Protein: 2.13g (4.27%), Manganese: 0.31mg (15.32%), Phosphorus: 57.52mg (5.75%), Copper: 0.1mg (4.88%), Fiber: 1.09g (4.37%), Selenium: 2.76µg (3.94%), Vitamin B2: 0.06mg (3.71%), Calcium: 33.79mg (3.38%), Magnesium: 13.4mg (3.35%), Vitamin B1: 0.04mg (2.68%), Zinc: 0.38mg (2.53%), Potassium: 79.32mg (2.27%), Vitamin E: 0.33mg (2.23%), Iron: 0.29mg (1.59%), Vitamin B5: 0.14mg (1.41%), Vitamin B6: 0.03mg (1.28%)