



## Christmas Strawberries

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**24**

CALORIES



**193 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

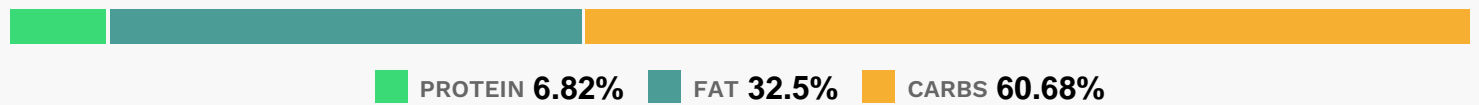
- 2 cups coconut or flaked
- 2 ounces slivered almonds
- 12 ounce strawberry jell-o flavored
- 0.3 cup decorator sugar green
- 0.5 cup decorator sugar red
- 14 ounce condensed milk sweetened canned
- 2 teaspoons vanilla extract

## Equipment

## Directions

- Blend together the gelatin and condensed milk.
- Add coconut and vanilla; mix well and refrigerate until chilled.
- Roll into small balls and shape into strawberries; roll in red sugar crystals.
- Dip fat end into green sugar crystals.
- Place an almond sliver into the fat end for a stem. To prevent hardening, store in an air tight container until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:8.8, Glycemic Load:9.87, Inflammation Score:-1, Nutrition Score:3.3921739595092%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 192.54kcal (9.63%), Fat: 7.21g (11.09%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 30.28g (10.09%), Net Carbohydrates: 28.83g (10.48%), Sugar: 28.1g (31.22%), Cholesterol: 5.62mg (1.87%), Sodium: 89.79mg (3.9%), Alcohol: 0.11g (100%), Alcohol %: 0.31% (100%), Protein: 3.4g (6.8%), Manganese: 0.25mg (12.6%), Phosphorus: 87.8mg (8.78%), Selenium: 4.84µg (6.92%), Vitamin B2: 0.11mg (6.48%), Fiber: 1.45g (5.8%), Calcium: 55.69mg (5.57%), Copper: 0.1mg (5.03%), Vitamin E: 0.66mg (4.42%), Magnesium: 17.38mg (4.34%), Potassium: 118.74mg (3.39%), Zinc: 0.37mg (2.49%), Iron: 0.38mg (2.09%), Vitamin B5: 0.19mg (1.94%), Vitamin B6: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.63%), Vitamin B12: 0.07µg (1.21%)