



Christmas tree crispy pops

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



588 kcal

DESSERT

Ingredients

- ☐ 200 g marshmallows
- ☐ 3 tbsp golden syrup
- ☐ 100 g rice krispies
- ☐ 6 ice cream cake cones
- ☐ 500 g powdered sugar
- ☐ 0.5 tsp drop natural food coloring green
- ☐ 6 servings sprinkles

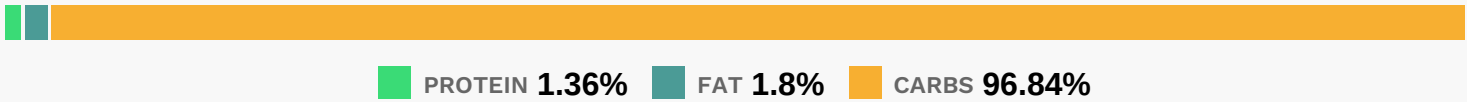
Equipment

- ☐ frying pan
- ☐ wire rack

Directions

- ☐ Melt the marshmallows and golden syrup in a pan, then stir in Rice Krispies. Working quickly, pack the mixture into ice cream cones and push a lolly stick into the middle of each one. Chill the cones for 1 hr until completely firm.
- ☐ Mix icing sugar with green food colouring and enough water to make a thick icing. Dip the cones into the icing and decorate with sweets and sprinkles. Prop up on a wire cooling rack to set.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:21.86, Inflammation Score:-7, Nutrition Score:10.921304381736%

Nutrients (% of daily need)

Calories: 587.85kcal (29.39%), Fat: 1.2g (1.85%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 145.71g (48.57%), Net Carbohydrates: 145.49g (52.9%), Sugar: 120.4g (133.78%), Cholesterol: 0mg (0%), Sodium: 126.41mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin E: 4.46mg (29.76%), Iron: 5.34mg (29.65%), Folate: 108.92µg (27.23%), Vitamin A: 1108.67IU (22.17%), Vitamin B1: 0.31mg (20.36%), Vitamin B12: 1.21µg (20.08%), Vitamin B6: 0.39mg (19.69%), Vitamin B3: 3.2mg (16.02%), Vitamin B2: 0.25mg (14.43%), Vitamin C: 10.55mg (12.79%), Manganese: 0.25mg (12.28%), Vitamin D: 1.03µg (6.89%), Selenium: 4.53µg (6.46%), Copper: 0.08mg (3.87%), Phosphorus: 27.38mg (2.74%), Zinc: 0.28mg (1.87%), Magnesium: 6.21mg (1.55%), Vitamin B5: 0.12mg (1.21%)