



WHATSheATE



Colorful and Edible Play Dough



Vegetarian

READY IN



20 min.

SERVINGS



3

CALORIES



523 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon cream of tartar
- ☐ 0.3 ounce drink mix unsweetened soft fruit-flavored such as KOOL-AID®
- ☐ 0.5 cup salt
- ☐ 3 tablespoons vegetable oil
- ☐ 2 cups water
- ☐ 2.5 cups flour white

Equipment

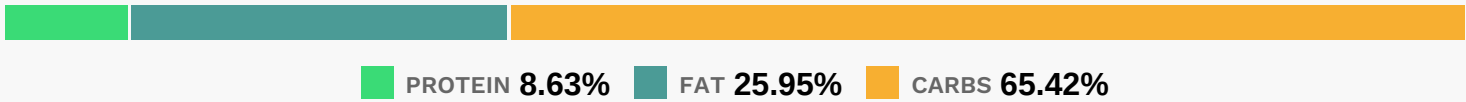
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring the water to a boil in a sauce pan; remove from heat and set aside.
- ☐ Whisk together the flour, salt, cream of tartar, and soft drink mix in a large bowl; stir the vegetable oil into the flour mixture using a spoon, not a whisk.
- ☐ Pour the hot water into the bowl and continue stirring. When the dough is cool enough to handle, turn it onto a lightly-floured surface and knead until smooth and elastic, about 8 minutes. Store unused portions in refrigerator.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:57.51, Inflammation Score:-6, Nutrition Score:17.492173880987%

Nutrients (% of daily need)

Calories: 522.62kcal (26.13%), Fat: 14.85g (22.85%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 84.27g (28.09%), Net Carbohydrates: 81.45g (29.62%), Sugar: 1.45g (1.61%), Cholesterol: 0.59mg (0.2%), Sodium: 18884.71mg (821.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.22%), Vitamin B1: 0.83mg (55.34%), Selenium: 35.77µg (51.11%), Folate: 191.76µg (47.94%), Manganese: 0.77mg (38.75%), Vitamin B2: 0.54mg (31.6%), Vitamin B3: 6.28mg (31.39%), Iron: 5.2mg (28.87%), Potassium: 947.25mg (27.06%), Vitamin K: 25.46µg (24.24%), Phosphorus: 121.54mg (12.15%), Fiber: 2.82g (11.3%), Copper: 0.2mg (10.22%), Vitamin E: 1.18mg (7.89%), Magnesium: 27.36mg (6.84%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.47mg (4.72%), Calcium: 39.75mg (3.98%), Vitamin B6: 0.06mg (2.8%)