



## Crystallized Pansies



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



100

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 36 bay leaves
- ☐ 3 tablespoons konnyaku powder
- ☐ 16 ounce powdered sugar sifted
- ☐ 16 ounce caster sugar
- ☐ 1 cup water
- ☐ 108 frangelico white yellow (orange, , )
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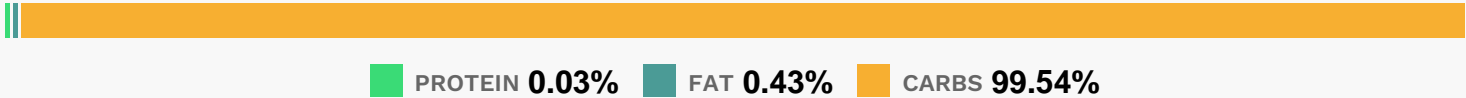
## Equipment

- ☐ mixing bowl
- ☐ hand mixer

## Directions

- ☐ Beat powdered sugar, meringue powder, and 1 cup water in a large mixing bowl at medium speed with an electric mixer 4 to 5 minutes or until smooth and creamy.
- ☐ Brush meringue powder mixture on petals and leaves; sprinkle with superfine sugar.
- ☐ Let stand on wire racks 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:1.62, Glycemic Load:3.26, Inflammation Score:1, Nutrition Score:0.17043478754552%

## Nutrients (% of daily need)

Calories: 35.41kcal (1.77%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 9.17g (3.06%), Net Carbohydrates: 9.16g (3.33%), Sugar: 8.96g (9.96%), Cholesterol: 0mg (0%), Sodium: 38.42mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0.01%), Calcium: 21.62mg (2.16%)