

Dulce de Leche Half-Moons

 Vegetarian  Gluten Free  Low Fod Map

READY IN



300 min.

SERVINGS



50

CALORIES



4 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup dulce de leche
- 50 servings purple gel food coloring assorted
- 0.5 cup pumpkin seeds raw green hulled ()
- 5 teaspoon water divided

Equipment

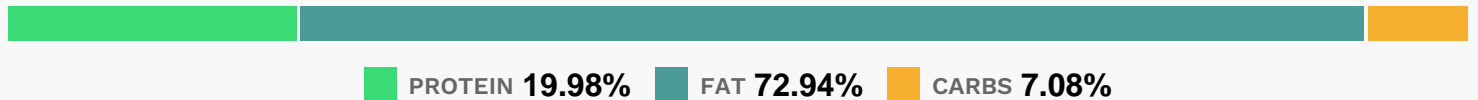
- bowl
- frying pan
- oven

pastry brush

Directions

- Preheat oven to 350°F with rack in middle. 3
- Spread seeds in a 4-sided sheet pan and toast in oven until puffed and slightly golden (but not browned), 6 to 8 minutes. Cool completely on a plate.
- Stir 1/4 teaspoon colored powder into 1 teaspoon water in a small bowl until dissolved.
- Spread 10 wafers in 1 layer on a rack. Paint tops of wafers lightly with coloring using a pastry brush (for white wafers, brush with water).
- Let stand until pliable, 3 to 5 minutes (if too wet to lift, let stand until slightly drier). Invert wafers, then spoon a level teaspoon dulce de leche onto unpainted side of each. Fold each in half, pressing to spread dulce de leche just to edge. Insert 8 seeds halfway into dulce de lechedulce de leche is firm enough to hold seeds in place, 1 to 4 hours.
- Meanwhile, paint remaining wafers with remaining colors, 1 color at a time. Make more confections in same manner.
- Confections keep, stacked in an airtight container at room temperature, 1 week. •
- Mixed colored half-moons can be packaged in clear cellophane bags tied with ribbon.

Nutrition Facts



Properties

Glycemic Index:1.04, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.23260869976619%

Nutrients (% of daily need)

Calories: 3.58kcal (0.18%), Fat: 0.31g (0.48%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 0.07g (0.02%), Net Carbohydrates: 0.03g (0.01%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 0.07mg (0%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Manganese: 0.03mg (1.45%)