



Easter Egg Kaleidoscopes

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



1774 kcal

SIDE DISH

Ingredients

- 1 serving liquid food coloring green blue red
- 1 serving royal icing
- 1 serving decorations: icing easter animals
- 2 cups sugar
- 4 teaspoons water cold

Equipment




- baking sheet
- oven

- knife
- ziploc bags
- spatula

Directions

- Stir together 4 teaspoons cold water and 2 drops of desired food coloring.
- Combine sugar and colored water in a zip-top plastic bag; blend well.
- Pack sugar mixture firmly and evenly into 2 large half-egg molds; scrape off excess sugar mixture. Invert eggs onto a baking sheet; remove molds. Using a spatula, gently shave a flat edge on wide end of each egg to form a base.
- Bake at 200 for 15 to 20 minutes or until eggs harden.
- Remove from oven, cool, and scoop excess sugar from center of each egg half with a spoon or paring knife, leaving a 1/2-inch border. Smooth edges with a spatula or spoon. Return to oven, and bake 10 to 15 minutes or until dried.
- Scoop out center of 1 egg half gently, all the way through, with a spoon or paring knife to form an oval window, leaving a 1/2-inch border. Smooth window edges with a spatula or spoon.
- Invert both egg halves onto a baking sheet. Pipe Royal Icing into egg half without window, and decorate Easter scene as desired.
- Pipe Royal Icing around inside rim of window, and gently place on top of other half, forming a whole egg. Pipe a border around outside rim of window and seam of egg.
- Let stand at least 1 hour to dry. Store in an airtight container.
- For horizontal Egg Kaleidoscopes: Prepare egg molds as directed, and invert onto a baking sheet, removing molds. Gently cut off 1 inch from narrow end of each egg half to form a window.
- Bake as directed. Scoop out center of each egg, leaving a 1/2-inch border. Decorate shells as desired. Pipe Royal Icing around inside rim of 1 shell, and gently place on top of remaining shell, forming a whole egg. Pipe a border around outside rim of window and seam of egg.
- Let stand at least 1 hour to dry.

Nutrition Facts

 PROTEIN 0%  FAT 5.07%  CARBS 94.93%

Properties

Glycemic Index:156.09, Glycemic Load:295.59, Inflammation Score:3, Nutrition Score:1.7434782567232%

Nutrients (% of daily need)

Calories: 1774.08kcal (88.7%), Fat: 10.35g (15.93%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 436.42g (145.47%), Net Carbohydrates: 436.42g (158.7%), Sugar: 434.54g (482.82%), Cholesterol: 0mg (0%), Sodium: 108.04mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Vitamin B2: 0.25mg (14.42%), Vitamin K: 7.28µg (6.93%), Vitamin E: 0.86mg (5.71%), Selenium: 2.46µg (3.51%), Iron: 0.29mg (1.61%), Copper: 0.03mg (1.56%), Folate: 4.48µg (1.12%), Phosphorus: 10.08mg (1.01%)