



## 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 purple gel food coloring green blue red
- ☐ 1 serving chocolate icing
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- ☐ 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%)