



Fake Blood



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 5 drops food coloring blue
- ☐ 1 tablespoon cornstarch
- ☐ 0.8 cup plus
- ☐ 2 drops drop natural food coloring green
- ☐ 0.5 teaspoon food coloring red
- ☐ 0.3 cup water

Equipment

- ☐ bowl

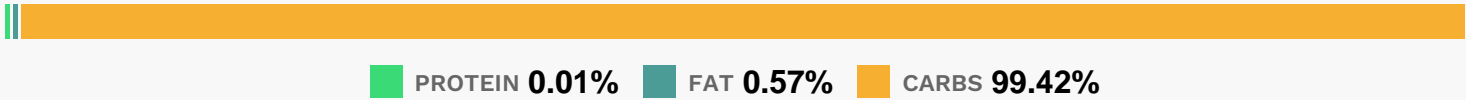
☐

whisk

Directions

- ☐ In a small bowl, whisk together the corn syrup and water.
- ☐ Add the red, blue, and green food colorings and whisk until well combined.
- ☐ Whisk in the corn starch and let the liquid sit for 10 minutes to thicken.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:9.33, Inflammation Score:1, Nutrition Score:0.28695652156096%

Nutrients (% of daily need)

Calories: 188.56kcal (9.43%), Fat: 0.13g (0.2%), Saturated Fat: 0g (0%), Carbohydrates: 50.93g (16.98%), Net Carbohydrates: 50.91g (18.51%), Sugar: 49.1g (54.56%), Cholesterol: 0mg (0%), Sodium: 40.56mg (1.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.01%), Vitamin B1: 0.04mg (2.51%), Zinc: 0.28mg (1.89%)