



Fresh Fruit Sno-Cones



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



78 kcal

SIDE DISH

Ingredients

- ☐ 10 servings poached berries fresh
- ☐ 7.5 cups ice cubes packed shaved
- ☐ 6 oz raspberries fresh ()
- ☐ 1 quart strawberries fresh hulled halved
- ☐ 0.5 cup sugar

Equipment

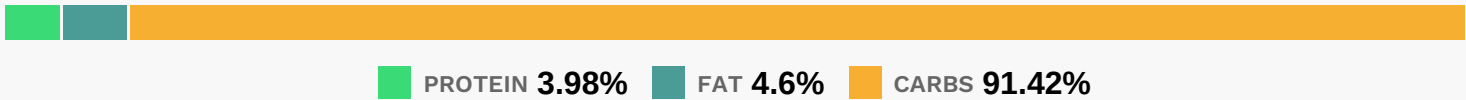
- ☐ bowl
- ☐ sieve

☐ potato masher

Directions

- ☐ Coarsely mash strawberries, raspberries, and sugar in a bowl with a potato masher.
- ☐ Let berries stand, loosely covered, at room temperature, stirring occasionally, 1 hour.
- ☐ Drain berry mixture in a fine sieve set over a bowl, pressing lightly on berries. Reserve crushed berries for another use.
- ☐ For each serving, spoon 2 1/2 tablespoons syrup over 3/4 cup lightly packed shaved ice.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:9.37, Inflammation Score:-4, Nutrition Score:6.8204346493534%

Flavonoids

Cyanidin: 9.42mg, Cyanidin: 9.42mg, Cyanidin: 9.42mg, Cyanidin: 9.42mg Petunidin: 0.34mg, Petunidin: 0.34mg, Petunidin: 0.34mg, Petunidin: 0.34mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.53mg, Malvidin: 0.53mg, Malvidin: 0.53mg, Malvidin: 0.53mg Pelargonidin: 23.68mg, Pelargonidin: 23.68mg, Pelargonidin: 23.68mg, Pelargonidin: 23.68mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 78.14kcal (3.91%), Fat: 0.43g (0.67%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 19.37g (6.46%), Net Carbohydrates: 16.35g (5.95%), Sugar: 15.44g (17.16%), Cholesterol: 0mg (0%), Sodium: 10.1mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.68%), Vitamin C: 60.13mg (72.88%), Manganese: 0.48mg (24.06%),

Fiber: 3.03g (12.1%), Folate: 26.35µg (6.59%), Potassium: 171.22mg (4.89%), Copper: 0.09mg (4.51%), Magnesium: 17.87mg (4.47%), Vitamin K: 3.57µg (3.4%), Iron: 0.51mg (2.85%), Vitamin E: 0.43mg (2.85%), Phosphorus: 27.76mg (2.78%), Vitamin B6: 0.05mg (2.72%), Calcium: 24.9mg (2.49%), Vitamin B3: 0.47mg (2.36%), Vitamin B1: 0.03mg (1.9%), Vitamin B5: 0.18mg (1.76%), Vitamin B2: 0.03mg (1.74%), Zinc: 0.22mg (1.49%)