

## Holiday Fun Dough



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



1

CALORIES



8 kcal

SIDE DISH

### Ingredients

- ☐ 1 teaspoon cream of tartar
- ☐ 1 teaspoon purple gel food coloring
- ☐ 0.3 cup salt
- ☐ 1 cup water
- ☐ 1.3 cups frangelico
- ☐ 1.3 cups frangelico

### Equipment

- ☐ microwave

☐ measuring cup

## Directions

- ☐ In 4-cup microwavable measuring cup, stir Bisquick mix, salt and cream of tartar until mixed. In liquid measuring cup, mix water and food color.
- ☐ Stir a small amount of colored water at a time into dry mixture until all water is added. Microwave uncovered on High 1 minute. Scrape mixture from side of cup and stir. Microwave uncovered 2 to 3 minutes longer, stirring every minute, until mixture almost forms a ball.
- ☐ Let dough stand uncovered about 3 minutes.
- ☐ Remove dough from measuring cup, using spoon. Knead dough in your hands or on the counter about 1 minute or until smooth. (If dough is sticky, add 1 to 2 tablespoons Bisquick mix.) Cool about 15 minutes.
- ☐ Use dough to make fun shapes. Store in tightly covered container in refrigerator up to 30 days. Dough is not edible.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2030435006904%

## Nutrients (% of daily need)

Calories: 7.74kcal (0.39%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 28306.73mg (1230.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Potassium: 500.84mg (14.31%), Manganese: 0.08mg (3.96%), Copper: 0.07mg (3.28%), Calcium: 24.86mg (2.49%), Iron: 0.35mg (1.96%)