



## Holiday Trees



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



202 kcal

SIDE DISH

## Ingredients

- ☐ 5 inch candy canes green crushed
- ☐ 5 inch candy canes white red crushed
- ☐ 24 inch sugar ice-cream cones
- ☐ 3 servings royal icing

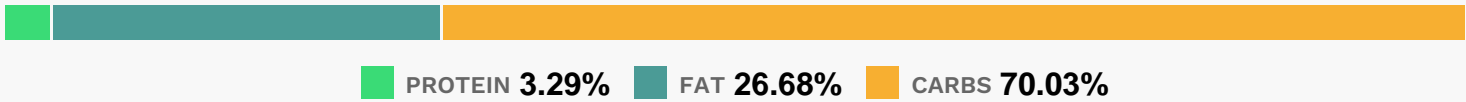
## Equipment

- ☐ ziploc bags
- ☐ kitchen scissors

# Directions

- ☐ Spoon icing into a zip-top plastic bag; seal. Snip a 1/4-inch hole in 1 corner of bag. Pipe 2 rows of points around 1 cone, beginning at large end and working upward, to resemble a tree.
- ☐ Sprinkle with candy and, if desired, glitter. Repeat procedure until cone is decorated. Invert 2 cones; stack, securing with icing. Repeat decorating procedure. Invert remaining 3 cones, and stack, securing with icing; repeat decorating procedure. Insert larger candy pieces into trees, if desired.
- ☐ Let stand 8 hours. Store in a cool, dry place up to 1 month.
- ☐ NOTE: For fuller trees, double icing recipe, and repeat piping procedure.
- ☐ Cut marshmallows from 1 (16 ounce) package in half with powdered sugar-coated scissors; cut each half into 4 pieces.
- ☐ Spread cones with 1 (16 ounce) container ready-to-spread cream cheese frosting. Press marshmallow pieces in rows around cones according to directions, adding frosting as necessary. Insert candy into icing between marshmallows; lightly rub additional icing on marshmallow leaves.
- ☐ Sprinkle with candy and glitter.

# Nutrition Facts



# Properties

Glycemic Index:14.33, Glycemic Load:8.18, Inflammation Score:-1, Nutrition Score:2.5469565261965%

# Nutrients (% of daily need)

Calories: 201.77kcal (10.09%), Fat: 5.94g (9.14%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 34.46g (12.53%), Sugar: 18.89g (20.99%), Cholesterol: 0mg (0%), Sodium: 103.54mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Folate: 37.39µg (9.35%), Vitamin B2: 0.16mg (9.21%), Manganese: 0.12mg (5.81%), Vitamin B3: 0.96mg (4.81%), Iron: 0.78mg (4.31%), Vitamin E: 0.59mg (3.91%), Vitamin K: 4.01µg (3.82%), Vitamin B1: 0.05mg (3.57%), Phosphorus: 24.75mg (2.48%), Fiber: 0.61g (2.44%), Copper: 0.04mg (2.07%), Selenium: 1µg (1.43%), Magnesium: 5.56mg (1.39%), Vitamin B5: 0.11mg (1.13%), Zinc: 0.16mg (1.04%)