



Jolly marshmallow snowmen

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



1883 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 marshmallows white
- ☐ 250 g chocolate icing white
- ☐ 18 strawberries
- ☐ 250 g powdered sugar
- ☐ 6 cupcake liners
- ☐ 6 servings betty writing gel black
- ☐ 3 round steak black halved
- ☐ 6 cranberry-orange relish

- ☐ 18 general foods international suisse mocha cafe mini
- ☐ 24 marshmallows white mini
- ☐ 6 servings pretzel sticks mini
- ☐ 6 servings coarsely sugar cubes crushed
- ☐ 6 round cake

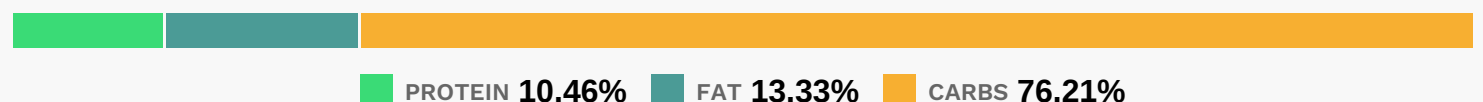
Equipment

- ☐ kitchen scissors

Directions

- ☐ Take one cake pop stick and thread on a marshmallow, narrow end on first. Thread on a second marshmallow, wide end on first so the the two wide ends meet in the middle. Thread a third marshmallow on sideways so the narrow round end makes the snowman's face.
- ☐ Knead the white fondant icing and divide into
- ☐ Shape each one into a rough mound and stick the snowmen into these bases.
- ☐ Take three strawberry laces and twist together. Tie around a snowman's neck and then trim off the excess with scissors. Repeat for the other snowmen.
- ☐ Using a little royal icing stick a Pontefract cake on each head. Using a little black writing icing, stick a Liquorice Allsort on top of each Pontefract cake.
- ☐ Pipe on two eyes using black writing icing. Using royal icing, stick a Tic Tac on each face for a carrot nose. Stick mini chocolate beans on the bodies as buttons.
- ☐ Using royal icing, stick four mini marshmallows on each snowman to represent arms. Stick a candy cane or pretzel stick to the end of one of each of the snowmen's arms, attaching the bottom end to the icing mound.
- ☐ Take a little royal icing and thin with a few drops of water.
- ☐ Brush or dab on the base and sprinkle over the crushed sugar cubes. Leave to set.

Nutrition Facts



Properties

Glycemic Index:66.6, Glycemic Load:60.88, Inflammation Score:-8, Nutrition Score:47.254347925601%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.16mg, Naringenin: 20.16mg, Naringenin: 20.16mg, Naringenin: 20.16mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 1882.54kcal (94.13%), Fat: 28.12g (43.26%), Saturated Fat: 7.74g (48.35%), Carbohydrates: 361.74g (120.58%), Net Carbohydrates: 354.69g (128.98%), Sugar: 238.16g (264.63%), Cholesterol: 378.64mg (126.21%), Sodium: 2539.42mg (110.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 37.76mg (12.59%), Protein: 49.65g (99.31%), Vitamin C: 91.53mg (110.95%), Selenium: 68.5µg (97.85%), Vitamin B2: 1.39mg (82.05%), Vitamin B3: 16.39mg (81.94%), Phosphorus: 782.16mg (78.22%), Vitamin B1: 1.16mg (77.54%), Iron: 13.1mg (72.76%), Folate: 274.61µg (68.65%), Manganese: 1.19mg (59.71%), Vitamin B6: 1.04mg (51.85%), Vitamin B12: 2.89µg (48.17%), Zinc: 7.06mg (47.07%), Calcium: 361.87mg (36.19%), Potassium: 1123.1mg (32.09%), Fiber: 7.05g (28.19%), Vitamin B5: 2.77mg (27.73%), Copper: 0.52mg (26.06%), Magnesium: 98.52mg (24.63%), Vitamin A: 783.43IU (15.67%), Vitamin E: 2.23mg (14.87%), Vitamin K: 11.41µg (10.86%), Vitamin D: 0.71µg (4.75%)