



Lollies on ice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



2 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients



4 fruit for however many people you are serving (or)



1 kg ice cubes (half a bag from a supermarket)

Equipment



bowl



ziploc bags



kitchen towels

Directions

- ☐ For a really clever, time-saving cheat, just buy the best lollies you can, then it's all in the presentation – thick clear glass and ice looks great together
- ☐ Put the ice cubes in a large plastic bag, cover with a tea towel, and bash with a hammer until roughly crushed. Return to the freezer. Once ready to serve, pile the crushed ice into a deep, narrow glass bowl or ice bucket and push in the lollies, stick upwards.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:7.6439129114151%

Nutrients (% of daily need)

Calories: 256.5kcal (12.82%), Fat: 0.45g (0.69%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 65.93g (21.98%), Net Carbohydrates: 58.72g (21.35%), Sugar: 50.63g (56.25%), Cholesterol: 0mg (0%), Sodium: 35mg (1.52%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Fiber: 7.2g (28.8%), Vitamin A: 1359IU (27.18%), Vitamin K: 20.7µg (19.71%), Copper: 0.38mg (18.88%), Vitamin C: 9.9mg (12%), Potassium: 400.5mg (11.44%), Vitamin B3: 1.76mg (8.82%), Iron: 1.39mg (7.75%), Vitamin B2: 0.11mg (6.35%), Magnesium: 25mg (6.25%), Manganese: 0.12mg (6.07%), Phosphorus: 54mg (5.4%), Vitamin B1: 0.05mg (3.6%), Vitamin B6: 0.07mg (3.6%), Calcium: 30mg (3%), Zinc: 0.43mg (2.87%), Folate: 9µg (2.25%), Vitamin B5: 0.18mg (1.84%)