

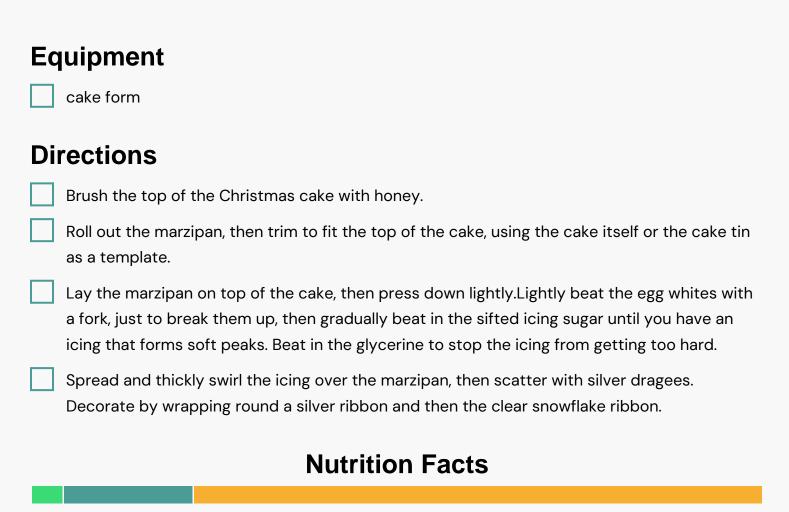
Simple snowflake cake





Ingredients

1 tbsp clear honey
20 servings approx 65cm clear snowflake ribbon (available from Paperchase)
2 egg whites
500 g icing sugar sifted
20 servings cm round christmas cake homemade bought well (see 'Goes with' recipe)
300 g marzipan
20 servings approx 65cm wide silver ribbon (available from cake decorating suppliers or stationers)
20 servings silver dragees
20 servings silver dragees



Properties

Glycemic Index:5.23, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:2.5965217626451%

Nutrients (% of daily need)

Calories: 198.77kcal (9.94%), Fat: 4.04g (6.21%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 39.31g (14.29%), Sugar: 37.45g (41.61%), Cholesterol: 1.02mg (0.34%), Sodium: 16.98mg (0.74%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.24g (4.47%), Vitamin E: 1.8mg (12.02%), Manganese: 0.23mg (11.74%), Magnesium: 21.6mg (5.4%), Vitamin B2: 0.08mg (4.48%), Phosphorus: 40.32mg (4.03%), Copper: 0.07mg (3.67%), Vitamin B3: 0.57mg (2.84%), Iron: 0.5mg (2.79%), Folate: 9.75µg (2.44%), Fiber: 0.47g (1.88%), Zinc: 0.25mg (1.67%), Selenium: 1.06µg (1.51%), Potassium: 51.07mg (1.46%), Vitamin B1: 0.02mg (1.27%), Calcium: 12.63mg (1.26%)

PROTEIN 4.38% FAT 17.78% CARBS 77.84%