



Snow Cone Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



10

CALORIES



156 kcal

DESSERT

Ingredients

- ☐ 10 servings ice cubes crushed shaved
- ☐ 0.2 oz lemonade drink mix unsweetened
- ☐ 2 cups sugar
- ☐ 1.3 cups water

Equipment

- ☐ sauce pan

Directions

- ☐ Bring sugar and 1 1/4 cups water to a boil in a medium saucepan.
- ☐ Remove from heat, and stir in drink mix. Cover and chill until ready to serve.
- ☐ Let stand at room temperature about 20 minutes. Spoon 1 to 2 Tbsp. syrup over 1 cup crushed or shaved ice for each serving.
- ☐ Note: For testing purposes only, we used Kool-Aid Pink Lemonade drink mix.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:27.92, Inflammation Score:1, Nutrition Score:0.14304347652132%

Nutrients (% of daily need)

Calories: 156.46kcal (7.82%), Fat: 0.13g (0.21%), Saturated Fat: 0g (0%), Carbohydrates: 40.47g (13.49%), Net Carbohydrates: 40.47g (14.72%), Sugar: 40.54g (45.04%), Cholesterol: 0mg (0%), Sodium: 5.01mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%)