



Snow Cone Syrup II

 Vegetarian

READY IN



7 min.

SERVINGS



12

CALORIES



130 kcal

DESSERT

Ingredients

- 0.1 ounce drink mix unsweetened soft fruit-flavored
- 1 cup water
- 2 cups sugar white

Equipment

- sauce pan

Directions

- In a saucepan, stir together the sugar and water. Bring to a boil, and boil for about 1 minute.
- Remove from heat, and stir in the drink mix. Allow to cool, and store in a container for pouring.
- Pour over shaved ice to flavor.

Nutrition Facts

PROTEIN 0.13% **FAT 0.91%** **CARBS 98.96%**

Properties

Glycemic Index:5.84, Glycemic Load:23.27, Inflammation Score:1, Nutrition Score:0.1026086974889%

Nutrients (% of daily need)

Calories: 129.65kcal (6.48%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 33.42g (12.15%), Sugar: 33.41g (37.13%), Cholesterol: 0.07mg (0.02%), Sodium: 2.56mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.09%)