



Snowy Pudding

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



90 min.

SERVINGS



10

CALORIES



149 kcal

DESSERT

Ingredients

- 5 egg whites
- 2 tablespoons gelatin powder unflavored
- 0.3 cup juice of lemon
- 2 cups water boiling
- 1.8 cups sugar white

Equipment

- bowl

Directions

- Sprinkle gelatin over cold water and let rest until water is absorbed, 5 minutes.
- In a bowl, combine gelatin, boiling water, lemon juice and sugar, stirring until sugar is dissolved. Chill in refrigerator, stirring occasionally, until mixture coats the back of a metal spoon.
- Beat egg whites until stiff. Beat lemon mixture until frothy. Fold egg whites into lemon mixture until mixture holds together.
- Pour into greased molds and chill until set.

Nutrition Facts

PROTEIN 7.39% **FAT 0.92%** **CARBS 91.69%**

Properties

Glycemic Index:7.01, Glycemic Load:24.43, Inflammation Score:-1, Nutrition Score:0.91956521870325%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 149.03kcal (7.45%), Fat: 0.16g (0.24%), Saturated Fat: 0g (0.03%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 35.51g (12.91%), Sugar: 35.24g (39.16%), Cholesterol: 0mg (0%), Sodium: 30.44mg (1.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Selenium: 3.77µg (5.39%), Vitamin B2: 0.08mg (4.53%), Vitamin C: 3.15mg (3.82%), Copper: 0.05mg (2.25%)