



Spooky Edible Eyes

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon coconut extract
- ☐ 8 servings food coloring set green blue red yellow , , , and
- ☐ 1.5 packages powdered gelatin unflavored
- ☐ 0.5 cup milk low fat
- ☐ 8 servings oil for lubricating molds
- ☐ 3 tablespoons sugar
- ☐ 1 cup water

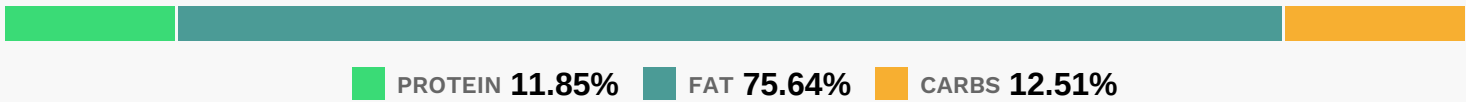
Equipment

- ☐ sauce pan
- ☐ ramekin
- ☐ toothpicks

Directions

- ☐ Combine one package of gelatin with the milk and bloom for five minutes.
- ☐ In a small saucepan, combine half a cup of water with the sugar and coconut extract and bring to a boil.
- ☐ Combine with the gelatin mixture and stir until all solids dissolve. Lubricate molds with oil and pour in gelatin mixture. Refrigerate for one hour. Gently tap and shake to unmold.
- ☐ For the iris, combine remaining gelatin with 1/4 cup of water and bloom for five minutes. In a small saucepan, bring the remaining water to a boil.
- ☐ Remove and gently stir into gelatin mixture until solids dissolve. Create the colors of your choice using the food coloring kit. Using an eyedropper, fill the indentation of the eyeballs with the colored gelatin. It will set within moments of contact with the cold gelatin.
- ☐ In a small ramekin, mix one drop of each color to create black for the pupil. Dip a toothpick into the black and paint the center of the iris. To achieve bloodshot eyes, use red food coloring and brush with a cotton swab around the base of each eyeball.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:2.1439130882854%

Nutrients (% of daily need)

Calories: 165.46kcal (8.27%), Fat: 14.16g (21.78%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 5.27g (1.92%), Sugar: 5.24g (5.82%), Cholesterol: 0.74mg (0.25%), Sodium: 17.58mg (0.76%), Alcohol: 0.05g (100%), Alcohol %: 0.1% (100%), Protein: 4.99g (9.99%), Vitamin E: 2.45mg (16.35%), Vitamin K: 10µg (9.52%), Copper: 0.12mg (5.94%), Selenium: 2.41µg (3.44%), Calcium: 22.42mg (2.24%), Vitamin B2: 0.03mg (1.98%), Phosphorus: 17.25mg (1.72%), Vitamin B12: 0.09µg (1.5%), Vitamin D: 0.16µg (1.08%)