

Squiggle Paint

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



126 kcal

SIDE DISH

Ingredients

- 0.3 cup flour all-purpose
- 2 tablespoons konnyaku powder (any color)
- 0.3 cup salt
- 0.3 cup water
- 1 serving frangelico
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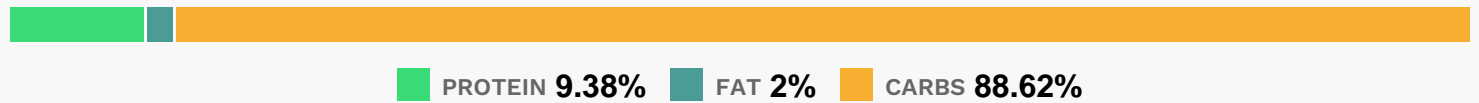
Equipment

- bowl

Directions

- In medium bowl, stir flour, salt, water and tempera powder until well mixed.
- Pour paint into plastic squeeze bottle with screw-on top.* Repeat this step with different tempera powders to make more colors, if desired.
- Squeeze designs onto paper or cardboard. Immediately sprinkle glitter or confetti over paint; let dry. Store paint in a covered container at room temperature up to 5 days. Paint is not edible; for decoration only.

Nutrition Facts



Properties

Glycemic Index:167, Glycemic Load:23.32, Inflammation Score:-2, Nutrition Score:11.977391275375%

Nutrients (% of daily need)

Calories: 126.47kcal (6.32%), Fat: 0.31g (0.47%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 30.49g (10.16%), Net Carbohydrates: 29.6g (10.76%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 30840.92mg (1340.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Calcium: 1434.22mg (143.42%), Phosphorus: 559.59mg (55.96%), Iron: 4.34mg (24.09%), Vitamin B1: 0.25mg (16.35%), Selenium: 10.71µg (15.31%), Manganese: 0.29mg (14.44%), Folate: 57.19µg (14.3%), Vitamin B3: 1.85mg (9.23%), Vitamin B2: 0.15mg (9.08%), Copper: 0.08mg (3.94%), Magnesium: 14.68mg (3.67%), Fiber: 0.89g (3.57%), Zinc: 0.3mg (2%), Vitamin B5: 0.14mg (1.37%), Potassium: 44.08mg (1.26%)