



Strawberry Snow Cones

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



110 kcal

DESSERT

Ingredients

- 0.5 cup plus light
- 6 oz jell-o gelatin red
- 8 cups ice cubes crushed
- 0.5 cup ice cubes
- 1 cup strawberries pureed
- 1 cup water boiling

Equipment

- bowl

Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add berries, corn syrup and ice cubes; stir until ice is completely melted.
- Spoon crushed ice into 8 (8-oz.) paper cups.
- Spoon gelatin mixture over ice.
- Serve immediately.

Nutrition Facts

PROTEIN 50.42% **FAT 0.73%** **CARBS 48.85%**

Properties

Glycemic Index:5.9, Glycemic Load:2.82, Inflammation Score:-1, Nutrition Score:2.6573913511213%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 109.84kcal (5.49%), Fat: 0.09g (0.15%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 13.91g (5.06%), Sugar: 13.8g (15.33%), Cholesterol: 0mg (0%), Sodium: 55.29mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.31%), Copper: 0.41mg (20.52%), Vitamin C: 8.47mg (10.26%), Selenium: 6.9µg (9.85%), Manganese: 0.07mg (3.67%), Vitamin B2: 0.04mg (2.49%), Folate: 8.56µg (2.14%), Calcium: 20.62mg (2.06%), Magnesium: 8.03mg (2.01%), Iron: 0.25mg (1.38%), Vitamin B1: 0.02mg (1.18%), Fiber: 0.29g (1.15%), Phosphorus: 10.09mg (1.01%)