



7-Minute Frosting

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



12 min.

SERVINGS



10

CALORIES



121 kcal

FROSTING

ICING

Ingredients

- 0.3 teaspoon cream of tartar white
- 2 egg whites
- 0.1 teaspoon salt
- 1.5 cups sugar
- 1.5 teaspoons vanilla extract pure
- 0.3 cup water

Equipment

- frying pan

double boiler

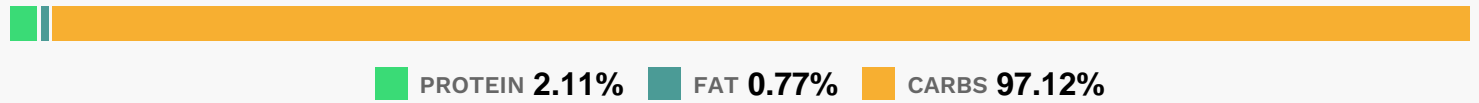
hand mixer

Directions

Place sugar, cream of tartar or corn syrup, salt, water, and egg whites in the top of a double boiler. Beat with a handheld electric mixer for 1 minute.

Place pan over boiling water, being sure that boiling water does not touch the bottom of the top pan. (If this happens, it could cause your frosting to become grainy). Beat constantly on high speed with electric mixer for 7 minutes. Beat in vanilla.

Nutrition Facts



Properties

Glycemic Index:7.01, Glycemic Load:20.94, Inflammation Score:1, Nutrition Score:0.25739130458754%

Nutrients (% of daily need)

Calories: 120.54kcal (6.03%), Fat: 0.11g (0.16%), Saturated Fat: 0g (0%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 30.05g (10.93%), Sugar: 30.06g (33.4%), Cholesterol: 0mg (0%), Sodium: 39.82mg (1.73%), Alcohol: 0.21g (100%), Alcohol %: 0.59% (100%), Protein: 0.65g (1.31%), Selenium: 1.38µg (1.97%), Vitamin B2: 0.03mg (1.92%)