



7-Minute Frosting



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



15

CALORIES



108 kcal

FROSTING

ICING

Ingredients

- ☐ 4 egg whites
- ☐ 2 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water

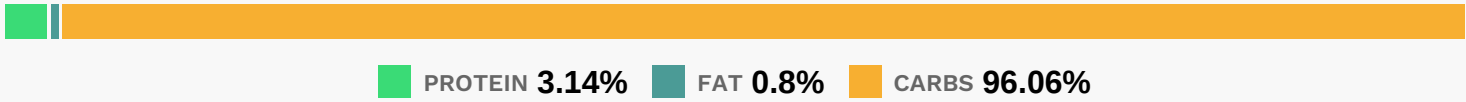
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Pour water to a depth of 1 inches into a 3–qt. saucepan over medium–high heat; bring to a boil. Reduce heat to medium, and simmer.
- ☐ Combine first 3 ingredients in a 3–qt. heatproof bowl; beat at low speed with a handheld electric mixer until blended.
- ☐ Place bowl over simmering water, beating at high speed 7 minutes or until soft peaks form; remove from heat.
- ☐ Add vanilla. Beat to spreading consistency (about 3 to 5 minutes). Use immediately.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:18.62, Inflammation Score:1, Nutrition Score:0.29739130806664%

Nutrients (% of daily need)

Calories: 108.36kcal (5.42%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 26.69g (9.7%), Sugar: 26.74g (29.71%), Cholesterol: 0mg (0%), Sodium: 13.99mg (0.61%), Alcohol: 0.18g (100%), Alcohol %: 0.54% (100%), Protein: 0.87g (1.74%), Selenium: 1.76µg (2.51%), Vitamin B2: 0.04mg (2.39%)