

Bill's Divinity

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



613 kcal

SIDE DISH

Ingredients

- 0.5 cup plus light
- 2 egg whites
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup water
- 2.5 cups sugar white

Equipment

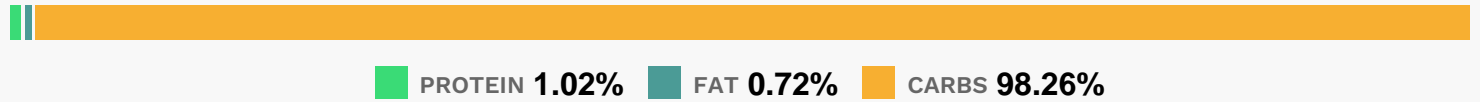
- sauce pan

- hand mixer
- wax paper

Directions

- In a 2-quart saucepan, combine sugar, corn syrup, salt, and water. Cook to hard-ball stage (260 degrees F, or 125 degrees C), stirring only until sugar dissolves.
- Meanwhile, beat egg whites to stiff peaks. Gradually pour syrup over egg whites, beating at high speed on electric mixer.
- Add vanilla and beat until candy holds its shape, about 4–5 minutes. Quickly drop from a teaspoon onto wax paper; cool.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:93.48, Inflammation Score:1, Nutrition Score:0.84347826614976%

Nutrients (% of daily need)

Calories: 612.56kcal (30.63%), Fat: 0.51g (0.79%), Saturated Fat: 0g (0%), Carbohydrates: 157.47g (52.49%), Net Carbohydrates: 157.47g (57.26%), Sugar: 157.72g (175.24%), Cholesterol: 0mg (0%), Sodium: 199.49mg (8.67%), Alcohol: 0.34g (100%), Alcohol %: 0.2% (100%), Protein: 1.64g (3.27%), Selenium: 4.05µg (5.78%), Vitamin B2: 0.09mg (5.33%), Vitamin B1: 0.03mg (1.72%), Zinc: 0.21mg (1.39%)