



Burnt Sugar Meringue

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

SIDE DISH

Ingredients

- 0.5 cup plus light
- 4 large egg whites
- 0.5 teaspoon salt
- 0.8 cup sugar divided
- 0.3 cup water

Equipment

- bowl
- sauce pan

candy thermometer

Directions

- Combine 1/4 cup sugar and 1/4 cup water in a medium saucepan over medium heat; slowly bring mixture to a boil, making sure sugar dissolves. Cook 8 to 10 minutes or until syrup is a dark amber color. Stir in corn syrup; bring to a boil. Cook, without stirring, until mixture reaches soft ball stage or candy thermometer registers 24
- Meanwhile, beat egg whites, salt, and remaining 1/2 cup sugar until soft peaks form. Continue to beat, slowly pouring hot syrup in a heavy stream down the side of the bowl, until frosting is thick enough to spread.

Nutrition Facts

PROTEIN 4.83% FAT 0.79% CARBS 94.38%

Properties

Glycemic Index:14.85, Glycemic Load:21.6, Inflammation Score:1, Nutrition Score:0.84521739622173%

Nutrients (% of daily need)

Calories: 188.11kcal (9.41%), Fat: 0.17g (0.27%), Saturated Fat: 0g (0%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 46.88g (17.05%), Sugar: 46.93g (52.14%), Cholesterol: 0mg (0%), Sodium: 248.67mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Selenium: 4.75µg (6.78%), Vitamin B2: 0.1mg (5.96%), Vitamin B1: 0.02mg (1.18%), Potassium: 36.68mg (1.05%)