



## Chocolate Marshmallows

 **Gluten Free**  **Dairy Free**

READY IN



**170 min.**

SERVINGS



**26**

CALORIES



**112 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 ounces bittersweet chocolate chopped
- ☐ 1 cup plus
- ☐ 0.3 cup cornstarch
- ☐ 0.8 ounce gelatin powder unflavored
- ☐ 1.5 cups granulated sugar
- ☐ 0.3 cup powdered sugar
- ☐ 1 Dash salt
- ☐ 0.3 cup cocoa powder unsweetened sifted

- ☐ 2 teaspoons cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup water divided

## Equipment

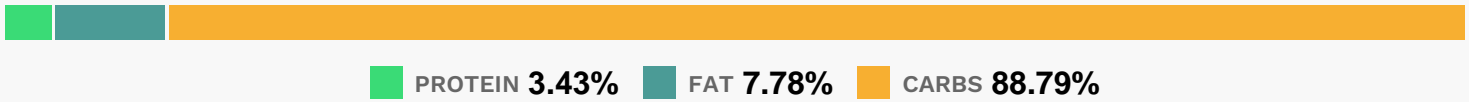
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ stand mixer
- ☐ microwave
- ☐ spatula
- ☐ kitchen scissors
- ☐ offset spatula
- ☐ candy thermometer

## Directions

- ☐ Pour 1/2 cup water into a small microwave-safe bowl, and sprinkle with gelatin.
- ☐ Combine remaining 1/2 cup water, sugar, corn syrup, and salt in a medium heavy saucepan over medium-high heat; bring to a boil, stirring occasionally. Cook, without stirring, until a candy thermometer registers 25
- ☐ Pour sugar mixture into the bowl of a stand mixer; let stand until a candy thermometer registers 21
- ☐ Microwave gelatin mixture at HIGH for 20 seconds or until gelatin melts, stirring after 10 seconds. With mixer on low speed, beat sugar mixture using a whip attachment; gradually pour gelatin mixture in a thin stream into sugar mixture.

- ☐ Add 1 teaspoon vanilla. Increase speed to high; whip mixture at high speed until light and fluffy (about 5 minutes). Reduce mixer to medium speed, and gradually add 1/4 cup cocoa; beat until combined. Using a spatula coated with cooking spray, scrape mixture into an 11 x 7-inch baking pan coated with cooking spray; smooth top.
- ☐ Let stand 2 hours.
- ☐ Sift together powdered sugar, cornstarch, and 2 teaspoons cocoa into a jelly-roll pan. Using an offset spatula coated with cooking spray, remove marshmallow from pan; place in sugar mixture. Using scissors well coated with powdered sugar mixture, cut marshmallows into 78 (1-inch) squares. Dust with powdered sugar mixture; shake to remove excess sugar mixture.
- ☐ Arrange marshmallows on a cooling rack placed on a rimmed baking sheet.
- ☐ Place bittersweet chocolate in a small microwave-safe bowl; microwave at HIGH for 1 minute or until melted, stirring every 20 seconds until smooth.
- ☐ Drizzle melted chocolate over marshmallows; let stand until chocolate is set.

## Nutrition Facts



## Properties

Glycemic Index:3.43, Glycemic Load:9.97, Inflammation Score:-1, Nutrition Score:0.88130434100395%

## Flavonoids

Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 111.65kcal (5.58%), Fat: 1.02g (1.58%), Saturated Fat: 0.55g (3.46%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 25.76g (9.37%), Sugar: 23.93g (26.59%), Cholesterol: 0.13mg (0.04%), Sodium: 12.4mg (0.54%), Alcohol: 0.05g (100%), Alcohol %: 0.16% (100%), Caffeine: 3.95mg (1.32%), Protein: 1.01g (2.03%), Copper: 0.08mg (4.12%), Manganese: 0.07mg (3.31%), Magnesium: 8.82mg (2.2%), Fiber: 0.52g (2.09%), Iron: 0.29mg (1.6%), Phosphorus: 12.85mg (1.28%), Selenium: 0.85µg (1.22%), Zinc: 0.18mg (1.21%)