



## Divinity

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



18

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

### Equipment

- frying pan

- sauce pan
- mixing bowl
- hand mixer
- pastry brush

## Directions

- In a heavy, 2 quart saucepan, combine the sugar, corn syrup, hot water, and salt. Cook and stir until the sugar dissolves and the mixture comes to a boil. Then cook to hard ball stage without stirring, 250 degrees F (120 degrees C.) Frequently wipe crystals forming on the sides of the pan, using a pastry brush dipped in water.
- Remove from heat.
- Just as the syrup is reaching temperature, begin whipping egg whites: In a large glass or stainless steel mixing bowl, beat egg whites until stiff peaks form.
- Pour hot syrup in a thin stream over beaten egg whites, beating constantly with the electric mixer at medium speed. Increase speed to high, and continue beating for about 5 minutes.
- Add vanilla; continue beating until the mixture becomes stiff and begins to lose its gloss. If it is too stiff, add a few drops hot water.
- Immediately drop by teaspoonfuls onto waxed paper. For a decorative flair, twirl the top with the spoon when dropping.
- Let stand until set. Store in an airtight container at room temperature.

## Nutrition Facts



**PROTEIN 1.21%** **FAT 0.72%** **CARBS 98.07%**

## Properties

Glycemic Index:4.95, Glycemic Load:16.9, Inflammation Score:1, Nutrition Score:0.17956521847974%

## Nutrients (% of daily need)

Calories: 114.74kcal (5.74%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 29.46g (10.71%), Sugar: 29.5g (32.78%), Cholesterol: 0mg (0%), Sodium: 44.28mg (1.93%), Alcohol: 0.08g (100%), Alcohol %: 0.23% (100%), Protein: 0.36g (0.73%), Selenium: 0.87µg (1.24%), Vitamin B2: 0.02mg (1.12%)