

## Emily's Famous Marshmallows



Gluten Free



Dairy Free

READY IN



520 min.

SERVINGS



10

CALORIES



174 kcal

SIDE DISH

### Ingredients

- ☐ 1 tablespoon plus light
- ☐ 2 egg whites
- ☐ 4 tablespoons gelatin powder unflavored
- ☐ 1 teaspoon vanilla extract
- ☐ 1.3 cups water divided
- ☐ 2 cups sugar white

### Equipment

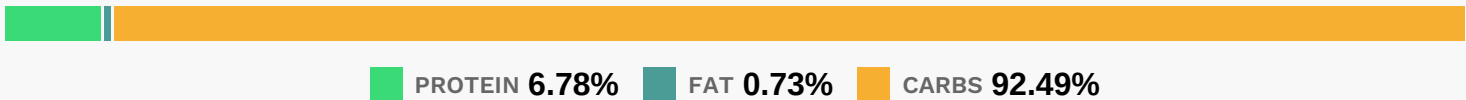
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ Dust a 9x9 inch square dish generously with confectioners' sugar.
- ☐ In a small saucepan over medium-high heat, stir together white sugar, corn syrup and 3/4 cup water.
- ☐ Heat to 250 to 265 degrees F (121 to 129 degrees C), or until a small amount of syrup dropped into cold water forms a rigid ball.
- ☐ While syrup is heating, place remaining water in a metal bowl and sprinkle gelatin over the surface.
- ☐ Place bowl over simmering water until gelatin has dissolved completely. Keep in a warm place until syrup has come to temperature.
- ☐ Remove syrup from heat and whisk gelatin mixture into hot syrup. Set aside.
- ☐ In a separate bowl, whip egg whites to soft peaks. Continue to beat, pouring syrup mixture into egg whites in a thin stream, until the egg whites are very stiff. Stir in vanilla.
- ☐ Spread evenly in prepared pan and let rest 8 hours or overnight before cutting.

## Nutrition Facts



## Properties

Glycemic Index:8.91, Glycemic Load:28.25, Inflammation Score:1, Nutrition Score:0.5373913154168%

## Nutrients (% of daily need)

Calories: 173.88kcal (8.69%), Fat: 0.15g (0.22%), Saturated Fat: 0g (0.01%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 41.62g (15.14%), Sugar: 41.7g (46.34%), Cholesterol: 0mg (0%), Sodium: 18.73mg (0.81%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 3.05g (6.1%), Selenium: 2.56µg (3.66%), Copper: 0.07mg (3.49%), Vitamin B2: 0.04mg (2.4%)