

Fluffy Boiled Icing

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

FROSTING

ICING

Ingredients

- 3 tablespoons confectioners' sugar
- 1 tablespoon plus light
- 2 egg whites
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup water
- 1 cup sugar white

Equipment

- bowl
- sauce pan
- blender

Directions

- Combine sugar, water, corn syrup, and salt in a saucepan; stir until well blended. Boil slowly without stirring until mixture will spin a long thread when a little is dropped from a spoon (hold the spoon high above saucepan), or reaches 238 – 242 degrees F (114 – 117 degrees C).
- In a large bowl, beat egg whites with a mixer until they are stiff, but still moist.
- Pour hot syrup slowly over egg whites while beating. Continue until mixture is very fluffy, and will hold its shape.
- Add vanilla, and beat until blended. If icing does not seem stiff enough, beat in 2 or 3 tablespoons confectioners sugar 1 tablespoon at a time until stiff enough to hold its shape.
- Spread on cake.

Nutrition Facts

 **PROTEIN 2.62%**  **FAT 0.71%**  **CARBS 96.67%**

Properties

Glycemic Index:11.14, Glycemic Load:17.85, Inflammation Score:1, Nutrition Score:0.29695652303812%

Nutrients (% of daily need)

Calories: 121.04kcal (6.05%), Fat: 0.1g (0.15%), Saturated Fat: 0g (0%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 30.12g (10.95%), Sugar: 30.11g (33.46%), Cholesterol: 0mg (0%), Sodium: 51.34mg (2.23%), Alcohol: 0.17g (100%), Alcohol %: 0.45% (100%), Protein: 0.82g (1.64%), Selenium: 1.69µg (2.41%), Vitamin B2: 0.04mg (2.28%)