

## 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

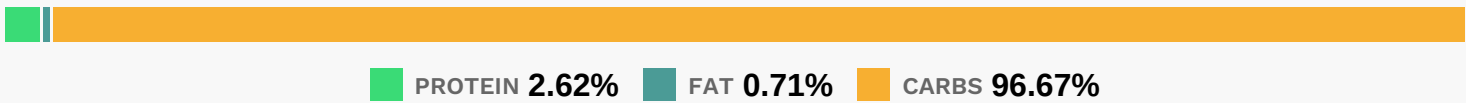
### Equipment

- ☐ 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



## 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%)