



Fluffy Coconut Frosting



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



210 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 teaspoon coconut extract
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 1 Dash salt
- ☐ 1 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

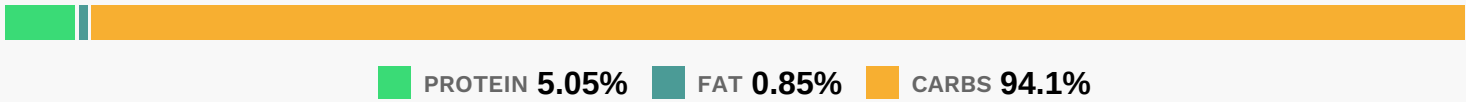
Equipment

- ☐ blender
- ☐ double boiler
- ☐ candy thermometer

Directions

- ☐ Combine first 5 ingredients in top of a double boiler; place egg white mixture over barely simmering water in bottom of double boiler on cooktop. Beat at high speed of a hand-held mixer until stiff peaks form and candy thermometer registers 16
- ☐ Add extracts; beat until blended.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:34.91, Inflammation Score:1, Nutrition Score:0.909999999318434%

Nutrients (% of daily need)

Calories: 209.62kcal (10.48%), Fat: 0.2g (0.31%), Saturated Fat: 0g (0%), Carbohydrates: 50.26g (16.75%), Net Carbohydrates: 50.26g (18.28%), Sugar: 50.24g (55.82%), Cholesterol: 0mg (0%), Sodium: 52.23mg (2.27%), Alcohol: 0.45g (100%), Alcohol %: 0.63% (100%), Protein: 2.7g (5.4%), Selenium: 5.25µg (7.5%), Vitamin B2: 0.12mg (7.02%), Potassium: 74.22mg (2.12%)