



Fluffy White Frosting



Vegetarian



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 egg whites
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1 cup sugar white

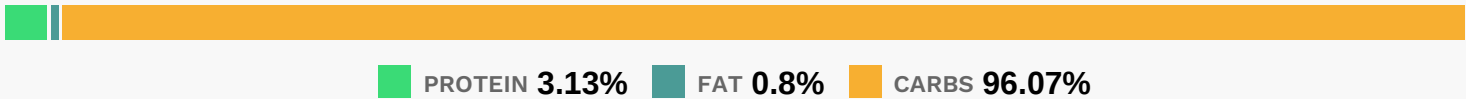
Equipment

- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ In a saucepan, stir together the sugar, water and cream of tartar. Cook over medium-high heat until the sugar is dissolved and the mixture is bubbly.
- ☐ In a medium mixing bowl, whip the egg whites and vanilla to soft peaks. Gradually add the sugar mixture while whipping constantly until stiff peaks form, about 7 to 10 minutes. Frost the cake of your choice.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:17.45, Inflammation Score:1, Nutrition Score:0.30217390758512%

Nutrients (% of daily need)

Calories: 101.83kcal (5.09%), Fat: 0.09g (0.14%), Saturated Fat: 0g (0%), Carbohydrates: 25.08g (8.36%), Net Carbohydrates: 25.08g (9.12%), Sugar: 25.07g (27.85%), Cholesterol: 0mg (0%), Sodium: 13.29mg (0.58%), Alcohol: 0.17g (100%), Alcohol %: 0.51% (100%), Protein: 0.82g (1.64%), Selenium: 1.65µg (2.36%), Vitamin B2: 0.04mg (2.24%)