



Frosted candy cake

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



18

CALORIES



124 kcal

Ingredients

- ☐ 15 small candy canes (we used striped canes from Waitrose)
- ☐ 500 g sugar white
- ☐ 1 tbsp glucose syrup
- ☐ 125 ml water
- ☐ 2 egg whites
- ☐ 50 g powdered sugar sifted
- ☐ 1 square round cake
- ☐ 18 servings ribbon

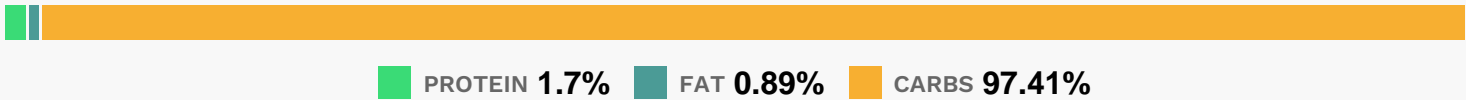
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Tie the small candy canes into groups with ribbon.
- ☐ Put the white caster sugar, liquid glucose and water in a pan.
- ☐ Heat until sugar is just melted and syrup turns clear. Take off heat and whisk the egg whites until stiff, then carry on whisking while steadily pouring in hot syrup in a stream. Keep beating until thick enough to spread, then beat in the sifted icing sugar.
- ☐ Quickly spread the icing over an 18–23cm square or round cake (marzipan covered, if you wish), swirling roughly. Stick on the candy canes and leave for 1 hr to set.

Nutrition Facts



Properties

Glycemic Index:3.89, Glycemic Load:19.39, Inflammation Score:1, Nutrition Score:0.20869565463584%

Nutrients (% of daily need)

Calories: 124.29kcal (6.21%), Fat: 0.13g (0.2%), Saturated Fat: 0g (0%), Carbohydrates: 31.39g (10.46%), Net Carbohydrates: 31.39g (11.42%), Sugar: 30.84g (34.27%), Cholesterol: 0.06mg (0.02%), Sodium: 7.67mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Selenium: 0.86µg (1.22%), Vitamin B2: 0.02mg (1.21%)