



Graham Cracker Marshmallows

 Dairy Free

READY IN



540 min.

SERVINGS



48

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup egg whites
- 18 sheets gelatin powder
- 1 tablespoon glucose
- 13.5 ounces graham cracker crumbs
- 1 teaspoon honey
- 2 tablespoons blackstrap molasses
- 1.5 teaspoons salt
- 4.5 cups sugar

2 cups water

Equipment

frying pan

baking sheet

sauce pan

oven

blender

plastic wrap

Directions

Special equipment: acetate sheet

Preheat the oven to 300 degrees F. Bloom the gelatin in ice water until soft, about 5 minutes.

Drain.

In a heavy saucepan, cook the 2 cups water, honey, molasses, glucose, and sugar to 266 degrees F/130 degrees C. Before the sugars have reached their temperature, begin whipping the whites and salt in a mixer on medium-high speed, so that the whites are at soft peaks when the sugar is ready. Once the sugars are at temperature, slowly add the syrup to the whipped whites on high speed. When all the syrup is added, stop the machine, add the gelatin to the hot whites, and continue whipping until the mixture is fluffy and stiff.

Meanwhile, warm the graham cracker crumbs on a parchment-lined baking sheet in the oven.

Add the warmed crumbs to the whipped mixture and mix just until incorporated.

Spread on a half baking sheet sprayed with nonstick cooking spray.

Place a sheet of acetate to cover.

Let it sit overnight. Wrap well in plastic wrap and let sit overnight at room temperature.

To serve, remove from the pan and cut into 2-inch squares. Keep covered.

Nutrition Facts



PROTEIN 5.49% **FAT 6.62%** **CARBS 87.89%**

Properties

Glycemic Index:5.01, Glycemic Load:17.72, Inflammation Score:-1, Nutrition Score:0.90826088562608%

Nutrients (% of daily need)

Calories: 114.69kcal (5.73%), Fat: 0.87g (1.33%), Saturated Fat: 0.13g (0.78%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 25.58g (9.3%), Sugar: 21.45g (23.83%), Cholesterol: 0mg (0%), Sodium: 134.4mg (5.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin B2: 0.04mg (2.42%), Iron: 0.39mg (2.17%), Selenium: 1.32µg (1.88%), Magnesium: 7.41mg (1.85%), Phosphorus: 17.23mg (1.72%), Vitamin B3: 0.31mg (1.57%), Copper: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.26%), Fiber: 0.27g (1.09%), Zinc: 0.16mg (1.08%), Folate: 4.05µg (1.01%)