



## Grapefruit Icing

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



89 kcal

FROSTING

ICING

### Ingredients

- 1 tablespoon plus light
- 1 egg white
- 1 tablespoon grapefruit juice fresh
- 2 teaspoons grapefruit rind grated
- 0.1 teaspoon salt
- 0.7 cup caster sugar

### Equipment

- double boiler

hand mixer

## Directions

- Combine first 5 ingredients in the top of a double boiler; beat at low speed of an electric mixer 30 seconds or just until blended.
- Place over boiling water; beat at high speed 7 minutes or until stiff peaks form.
- Remove from heat; stir in rind.

## Nutrition Facts



## Properties

Glycemic Index:19.58, Glycemic Load:13.87, Inflammation Score:1, Nutrition Score:0.33260869688314%

## Nutrients (% of daily need)

Calories: 89.02kcal (4.45%), Fat: 0.36g (0.55%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 21.65g (7.22%), Net Carbohydrates: 21.65g (7.87%), Sugar: 21.69g (24.1%), Cholesterol: 1mg (0.33%), Sodium: 51.77mg (2.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Selenium: 1.2µg (1.72%), Vitamin B2: 0.02mg (1.44%)