



## Heart-Shaped Marshmallows



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



15

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.3 cup powdered sugar
- ☐ 1 cup plus light
- ☐ 0.3 cup cornstarch
- ☐ 3 tablespoons gelatin powder plain
- ☐ 15 servings food coloring red
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 1 teaspoon vanilla extract

## Equipment

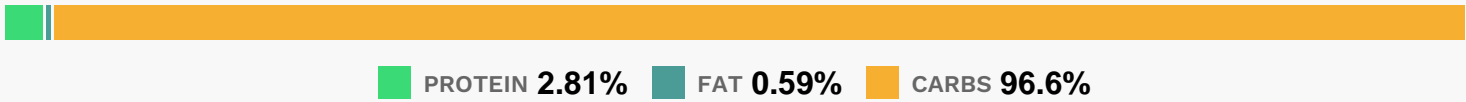
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ cookie cutter
- ☐ offset spatula
- ☐ baking spatula
- ☐ candy thermometer

## Directions

- ☐ In a bowl, mix cornstarch and confectioners' sugar. Grease a 9-by-13-inch baking pan, then dust with some of the cornstarch mixture, reserving the rest.
- ☐ Pour 1/2 cup cold water into a bowl; sprinkle gelatin on top.
- ☐ In a medium saucepan, combine sugar, corn syrup and salt. Bring to a boil. Continue cooking until mixture registers 260F on a candy thermometer, about 7 minutes. Immediately remove from heat and, with an electric mixer running on medium-high speed, pour into bowl with gelatin mixture.
- ☐ Continue beating until mixture has quadrupled in volume, about 5 minutes.
- ☐ Add vanilla, then add food coloring, if desired, drop by drop, until marshmallow is desired shade of pink. Continue beating for 4 minutes longer, then transfer marshmallow to prepared baking pan. Working quickly, use a silicone spatula or long offset spatula to spread marshmallow before it sets. Cover pan with plastic wrap and refrigerate for at least 8 hours.
- ☐ Sift some of remaining cornstarch mixture over a baking sheet. Lift marshmallow from the pan in one single sheet, placing it face down on cornstarch-sugar mixture. Use a lightly greased heart-shaped cookie cutter to cut marshmallow, dusting edges of hearts as you go with more of remaining cornstarch-sugar mixture to prevent them from sticking. Marshmallows will keep

in an airtight container at room temperature for up to 1 week.

## Nutrition Facts



### Properties

Glycemic Index:5.94, Glycemic Load:17.28, Inflammation Score:1, Nutrition Score:0.27565216985734%

### Nutrients (% of daily need)

Calories: 162.7kcal (8.14%), Fat: 0.11g (0.17%), Saturated Fat: 0g (0.01%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 41.34g (15.03%), Sugar: 39.41g (43.79%), Cholesterol: 0mg (0%), Sodium: 56.05mg (2.44%), Alcohol: 0.09g (100%), Alcohol %: 0.23% (100%), Protein: 1.2g (2.41%), Copper: 0.03mg (1.65%), Selenium: 0.9µg (1.29%)