



Italian Meringue Frosting



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



298 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 cup plus light
- ☐ 4 egg whites
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

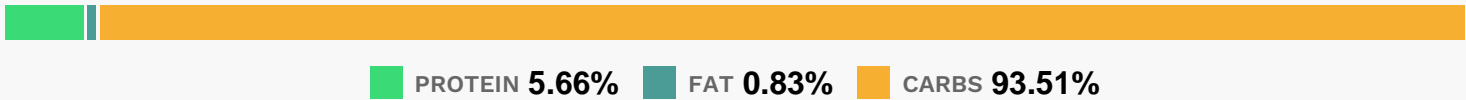
- ☐ sauce pan

- ☐ whisk
- ☐ hand mixer
- ☐ candy thermometer

Directions

- ☐ Cook first 3 ingredients in a heavy saucepan over medium heat, stirring constantly, until sugar dissolves. Bring to a boil, and boil until a candy thermometer registers 248 (about 5 minutes).
- ☐ Beat egg whites at high speed with an electric mixer until foamy; add salt, and beat until stiff peaks form. Gradually whisk hot syrup into egg whites, whisking until stiff peaks form and frosting is of spreading consistency.
- ☐ Stir in vanilla and, if desired, food coloring.

Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:39.05, Inflammation Score:1, Nutrition Score:1.4647826283522%

Nutrients (% of daily need)

Calories: 297.56kcal (14.88%), Fat: 0.29g (0.44%), Saturated Fat: 0g (0%), Carbohydrates: 72.08g (24.03%), Net Carbohydrates: 72.08g (26.21%), Sugar: 72.18g (80.2%), Cholesterol: 0mg (0%), Sodium: 182.52mg (7.94%), Alcohol: 0.46g (100%), Alcohol %: 0.42% (100%), Protein: 4.36g (8.72%), Selenium: 8.5µg (12.14%), Vitamin B2: 0.19mg (10.96%), Potassium: 68.48mg (1.96%), Magnesium: 5.04mg (1.26%), Vitamin B1: 0.02mg (1.23%)