



Lemon Marshmallows



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup powdered sugar for coating pan and marshmallows
- ☐ 1 cup plus light
- ☐ 1 ounce gelatin powder unflavored
- ☐ 1.5 cups granulated sugar
- ☐ 4 medium optional: lemon (1 pound total)
- ☐ 0.3 teaspoon salt
- ☐ 64 servings vegetable oil for brushing pan
- ☐ 0.3 teaspoon food coloring yellow organic (30 drops) (preferably)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ wax paper
- ☐ spatula
- ☐ cutting board
- ☐ peeler
- ☐ pastry brush
- ☐ candy thermometer
- ☐ chefs knife

Directions

- ☐ Brush the bottom and sides of a 9-inch square baking pan with vegetable oil. Using a small, fine-mesh sieve, dust the pan generously with confectioners' sugar, knocking out any excess.
- ☐ Using a vegetable peeler, remove the zest from the lemons in strips then use a small sharp knife to remove any white pith from the undersides of the zest. Reserve the lemons. Finely chop the zest then transfer to the bowl of a food processor and add the granulated sugar. Process until the zest is finely ground, 1 to 2 minutes.
- ☐ Squeeze and strain enough juice from the lemons to measure 1/2 cup and transfer to the bowl of a stand mixer fitted with the whisk attachment.

- ☐ Add 2 tablespoons water, then sprinkle gelatin into the bowl and stir briefly to make sure all the gelatin is in contact with the lemon juice and water.
- ☐ Let soften while you make the sugar syrup.
- ☐ In a heavy 3- to 4-quart saucepan, combine the zest-sugar mixture with the corn syrup, salt, and 1/2 cup water.
- ☐ Place over moderate heat and bring to a boil, stirring until the sugar is dissolved. Put a candy thermometer into the boiling sugar syrup and continue boiling (the mixture may foam up, so turn the heat down slightly if necessary), without stirring, until the thermometer registers 240°F (soft-ball stage).
- ☐ Remove the saucepan from the heat and let stand briefly until the bubbles dissipate slightly.
- ☐ With the mixer on low speed, pour the hot sugar syrup into the softened gelatin in a thin stream down the side of the bowl. Gradually increase the mixer speed to high and beat until the marshmallow is very thick and forms a thick ribbon when the whisk is lifted, about 5 minutes. Beat in the food coloring, adding more for a darker yellow color.
- ☐ Scrape the marshmallow into the prepared pan (it will be very sticky) and use wet fingertips to spread it evenly and smooth the top.
- ☐ Let stand, uncovered at room temperature, until the surface is no longer sticky and you can gently pull the marshmallow away from the sides of the pan with your fingertips, at least 4 hours or overnight.
- ☐ Dust a cutting board with confectioners' sugar. Use a rubber spatula to pull the sides of the marshmallow from the edge of the pan (use the spatula to loosen the marshmallow from the bottom of the pan if necessary) and invert onto the cutting board. Dust the top with confectioners' sugar.
- ☐ Brush a long thin knife or a chef's knife with vegetable oil and dust with confectioners' sugar to prevent sticking; continue dusting the knife as necessary.
- ☐ Cut lengthwise into 8 strips, then crosswise into eighths, to form a total of 64 squares. (For larger marshmallows, cut lengthwise into 6 strips, then crosswise into sixths, to form a total of 36 squares.) Coat marshmallows, one at a time, in confectioners' sugar, using a pastry brush to brush off any excess. DO AHEAD: Marshmallows can be stored, layered between sheets of wax paper or parchment in an airtight container in a dry place at cool room temperature, for 1 month.

Nutrition Facts



 **PROTEIN 1.05%**  **FAT 72.96%**  **CARBS 25.99%**

Properties

Glycemic Index:1.79, Glycemic Load:4.16, Inflammation Score:-1, Nutrition Score:1.7878261048995%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 167.62kcal (8.38%), Fat: 14.05g (21.61%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 11.07g (4.03%), Sugar: 10.77g (11.97%), Cholesterol: 0mg (0%), Sodium: 13.47mg (0.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin K: 25.75µg (24.52%), Vitamin E: 1.16mg (7.7%), Vitamin C: 3.58mg (4.34%)