



Maple-Bacon Marshmallows



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 ounces bacon finely chopped
- ☐ 0.5 cup candy coating disks for dusting plus more
- ☐ 0.3 cup plus light
- ☐ 4.5 teaspoons gelatin powder unflavored
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 cup maple syrup dark
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup sugar

☐ 0.3 cup water

Equipment

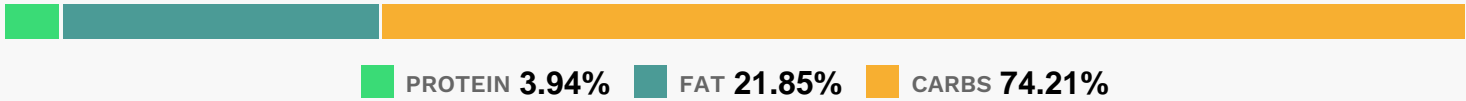
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ stand mixer
- ☐ microwave

Directions

- ☐ Lightly coat an 8-by-8-inch baking pan with cooking spray.
- ☐ WHISK TOGETHER the gelatin and cold water in a small bowl.
- ☐ Let it soften for 5 minutes.
- ☐ STIR TOGETHER the sugar, maple syrup, corn syrup, water, and salt in a medium saucepan. Bring it to a boil over high heat, stirring occasionally, until it hits 240°F. Be prepared to lower the heat as needed—this syrup likes to bubble up. Microwave the gelatin on high until completely melted, about 30 seconds.
- ☐ Pour it into the bowl of a stand mixer fitted with the whisk attachment. Set the mixer to low and keep it running.
- ☐ WHEN THE SYRUP reaches 240°F, slowly pour it into the mixer bowl. Increase the speed to medium and beat for 5 minutes. Increase to medium-high and beat for 3 more minutes.
- ☐ Add the cinnamon, increase to the highest speed, and beat for 1 minute more. Quickly fold in the bacon bits.
- ☐ Pour the marshmallow into the prepared pan. Sift coating over top.

- ☐ Let it set for 6 hours in a cool, dry place. Use a knife to loosen the marshmallow from the edges of the pan. Invert the slab onto a work surface.
- ☐ Cut it into pieces and dust them with more coating.
- ☐ Reprinted with permission from Marshmallow Madness! by Shauna Sever, © 2012 Quirk Books
- ☐ Shauna Sever writes the popular baking blog Piece of Cake and is a host and reporter for food-related television. She also runs
- ☐ Bake Sale
- ☐ Bakery, a dessert catering business in San Francisco, where she lives with her husband and daughter.

Nutrition Facts



Properties

Glycemic Index:4.35, Glycemic Load:4.84, Inflammation Score:1, Nutrition Score:0.6873913148985%

Nutrients (% of daily need)

Calories: 70.1kcal (3.5%), Fat: 1.71g (2.63%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 13.06g (4.75%), Sugar: 12.65g (14.06%), Cholesterol: 0.94mg (0.31%), Sodium: 33.47mg (1.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Manganese: 0.13mg (6.3%), Vitamin B2: 0.07mg (4.21%)