



## Marshmallow Frosting

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



10

CALORIES



170 kcal

FROSTING

ICING

### Ingredients

- 0.5 teaspoon cream of tartar
- 8 large egg whites at room temperature
- 2 cups granulated sugar
- 0.1 teaspoon salt fine
- 2 teaspoons vanilla extract

### Equipment

- bowl
- sauce pan

- whisk
- kitchen thermometer
- stand mixer

## Directions

- Fill a medium saucepan with 1 inch of water and bring it to a simmer over medium heat.
- Place the egg whites, sugar, cream of tartar, and salt in the clean bowl of a stand mixer and whisk by hand to combine. Nest the bowl over the saucepan, making sure the bottom of the bowl is not touching the water.
- Heat the egg white mixture, whisking constantly, until the sugar has dissolved and the mixture is hot to the touch (about 120°F on an instant-read thermometer), about 6 minutes.
- Transfer the bowl to a stand mixer fitted with the whisk attachment. Turn the mixer to medium and whisk for 1 minute. Increase the speed to high and whisk until stiff, glossy peaks form, about 5 minutes more.
- Add the vanilla and whisk until just incorporated, about 1 minute. Use immediately or store in an airtight container at room temperature for up to 3 hours.

## Nutrition Facts

 **PROTEIN 6.62%**  **FAT 0.9%**  **CARBS 92.48%**

## Properties

Glycemic Index:7.01, Glycemic Load:27.92, Inflammation Score:1, Nutrition Score:0.92391303635162%

## Nutrients (% of daily need)

Calories: 170.42kcal (8.52%), Fat: 0.17g (0.27%), Saturated Fat: 0g (0%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 40.23g (14.63%), Sugar: 40.21g (44.68%), Cholesterol: 0mg (0%), Sodium: 73.44mg (3.19%), Alcohol: 0.28g (100%), Alcohol %: 0.52% (100%), Protein: 2.88g (5.76%), Selenium: 5.52µg (7.89%), Vitamin B2: 0.12mg (7.31%), Potassium: 69.77mg (1.99%)