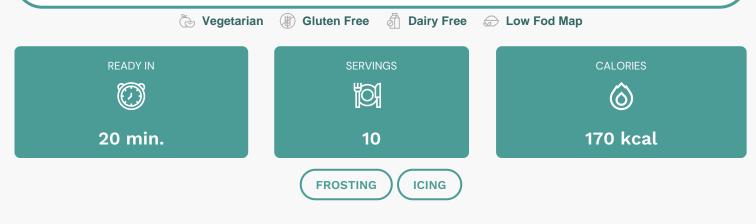


Marshmallow Frosting



Ingredients

Ш	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

powi
sauce pan

	whisk	
	kitchen thermometer	
	stand mixer	
Dii	rections	
	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: Og (0%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 40.23g (14.63%), Sugar: 40.21g (44.68%), Cholesterol: Omg (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%)