

Marshmallow Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



116 kcal

SAUCE

Ingredients

- 0.8 cup plus light
- 0.3 teaspoon cream of tartar
- 2 large egg whites at room temperature
- 0.5 cup granulated sugar
- 1 pinch salt fine
- 1.5 teaspoons vanilla extract
- 0.3 cup water

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- stand mixer
- spatula
- candy thermometer

Directions

- Place the egg whites in the bowl of a stand mixer fitted with a whisk attachment and beat on medium speed until frothy, about 1 minute.
- Add the cream of tartar and salt, increase the speed to high, and beat until stiff peaks form, about 2 minutes more; set aside.
- Place the corn syrup, sugar, water, and 3/4 teaspoon of the vanilla in a small, heavy-bottomed saucepan over high heat and stir with a rubber spatula until the sugar dissolves. Bring to a boil, swirling the pan occasionally (do not use the spatula to stir), until the mixture is light amber in color and registers 240°F on a candy thermometer. Immediately remove the saucepan from the heat. With the mixer on low speed, very slowly pour the hot syrup into the egg-white mixture and continue beating until the sauce is smooth, glossy, and opaque and flows like molten lava, about 2 minutes total. Beat in the remaining 3/4 teaspoon vanilla.
- Transfer the sauce to a container, cover, and refrigerate until cold before using.

Nutrition Facts

 PROTEIN 2.34%  FAT 0.69%  CARBS 96.97%

Properties

Glycemic Index:8.91, Glycemic Load:10.71, Inflammation Score:1, Nutrition Score:0.35434782440248%

Nutrients (% of daily need)

Calories: 116.23kcal (5.81%), Fat: 0.09g (0.15%), Saturated Fat: 0g (0%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 29.77g (10.83%), Sugar: 29.74g (33.05%), Cholesterol: 0mg (0%), Sodium: 31.18mg (1.36%), Alcohol:

0.21g (100%), Alcohol %: 0.54% (100%), Protein: 0.72g (1.44%), Selenium: 1.56µg (2.23%), Vitamin B2: 0.03mg (1.85%), Vitamin B1: 0.02mg (1.03%)