

Marshmallow Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



192 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 kosher salt
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

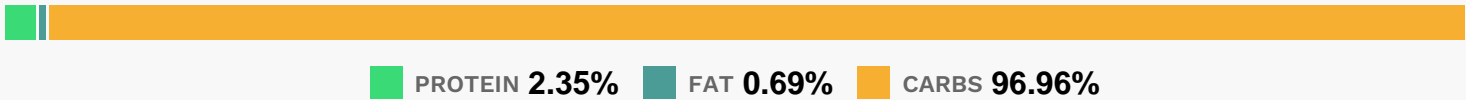
- ☐ frying pan

- ☐ sauce pan
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer
- ☐ candy thermometer

Directions

- ☐ Combine the corn syrup, sugar, vanilla, and 1/4 cup water in a saucepan and stir well. Cook over high heat, swirling the pan by its handle, until the mixture comes to a boil. Cook for 4 to 5 minutes, or until the syrup reaches the soft-ball stage and the temperature registers 240°F on a candy thermometer.
- ☐ While the syrup boils, place the egg whites in a grease-free mixing bowl and beat at medium speed with an electric mixer until frothy.
- ☐ Add cream of tartar and salt, increase the speed to high, and beat until stiff peaks form.
- ☐ Pour the hot syrup into the meringue very slowly with the mixer set on medium speed, and continue beating several minutes until mixture holds its shape. Beat in the vanilla.
- ☐ Transfer the sauce to a container and refrigerate until cold.
- ☐ The egg whites in this recipe may not be fully cooked. If salmonella is a problem in your area, you can use powdered egg whites.
- ☐ Reprinted with permission from Scoop: 125 Specialty Ice Creams from the Nation's Best Creameries by Ellen Brown, © 2011 Running Press

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:17.85, Inflammation Score:1, Nutrition Score:0.57391304044944%

Nutrients (% of daily need)

Calories: 191.8kcal (9.59%), Fat: 0.16g (0.24%), Saturated Fat: 0g (0%), Carbohydrates: 49.54g (16.51%), Net Carbohydrates: 49.54g (18.01%), Sugar: 49.49g (54.99%), Cholesterol: 0mg (0%), Sodium: 51.41mg (2.24%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 1.2g (2.4%), Selenium: 2.6µg (3.71%), Vitamin B2: 0.05mg

(3.05%), Vitamin B1: 0.03mg (1.71%), Zinc: 0.19mg (1.29%), Potassium: 39.81mg (1.14%)