



Meringue Frosting



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



102 kcal

FROSTING

ICING

Ingredients



0.3 teaspoon cream of tartar



3 tablespoons meringue powder



0.5 cup sugar



0.5 cup water

Equipment



hand mixer

Directions

- ☐ Beat meringue powder and 1/2 cup water at high speed with an electric mixer until foamy.
- ☐ Add cream of tartar, beating until soft peaks form. Gradually add sugar, 1 tablespoon at a time, beating until stiff peaks form.
- ☐ Note: Meringue powder can be found at cake-decorating and craft stores.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:19.73, Inflammation Score:1, Nutrition Score:3.5269564858273%

Nutrients (% of daily need)

Calories: 101.5kcal (5.08%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 27.49g (10%), Sugar: 24.95g (27.72%), Cholesterol: 0mg (0%), Sodium: 955.83mg (41.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Calcium: 529.99mg (53%), Phosphorus: 197.2mg (19.72%), Iron: 1.01mg (5.62%)