



Modern Gomme Syrup

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



180 min.

SERVINGS



8

CALORIES



66 kcal

SIDE DISH

Ingredients

- 2 teaspoons powdered egg whites
- 4 teaspoons xanthan gum
- 10 tablespoons sugar
- 220 grams water (1 cup minus 1 tablespoon)
- 0.1 teaspoon xanthan gum

Equipment

- whisk
- pot

Directions

- In a medium pot, heat water until simmering over medium high heat.
- Whisk in gum arabic and xanthan gum and remove from heat.
- Let cool to just warmer than room temperature, then whisk in sugar and egg white powder. Refrigerate and allow to rest until lightly thickened, 2 to 3 hours. Store in the refrigerator and use within 1 week.

Nutrition Facts

 **PROTEIN 5.76%**  **FAT 0.62%**  **CARBS 93.62%**

Properties

Glycemic Index:8.76, Glycemic Load:10.47, Inflammation Score:0, Nutrition Score:0.48347826601694%

Nutrients (% of daily need)

Calories: 66.48kcal (3.32%), Fat: 0.05g (0.07%), Saturated Fat: 0g (0%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 15.04g (5.47%), Sugar: 15.04g (16.71%), Cholesterol: 0mg (0%), Sodium: 18.37mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Fiber: 1.2g (4.8%), Selenium: 1.63µg (2.33%), Vitamin B2: 0.03mg (2%)