



Mrs. Floyd's Divinity



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup plus light
- ☐ 2 egg whites
- ☐ 1 halves garnish: pecan toasted
- ☐ 1 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water

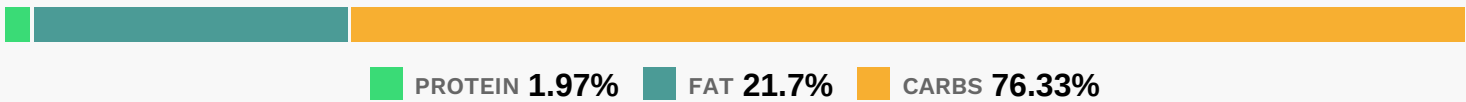
Equipment

- ☐ sauce pan
- ☐ hand mixer
- ☐ wax paper
- ☐ candy thermometer

Directions

- ☐ Cook first 4 ingredients in a heavy 2-quart saucepan over low heat until sugar dissolves and a candy thermometer registers 248 (about 15 minutes).
- ☐ Remove syrup mixture from heat.
- ☐ Beat egg whites at high speed with an electric mixer until stiff peaks form.
- ☐ Pour half of hot syrup in a thin stream over egg whites, beating constantly at high speed, about 5 minutes.
- ☐ Cook remaining half of syrup over medium heat, stirring occasionally, until a candy thermometer registers 272 (about 4 to 5 minutes). Slowly pour hot syrup and vanilla extract over egg white mixture, beating constantly at high speed until mixture holds its shape (about 6 to 8 minutes). Stir in 1 cup chopped pecans.
- ☐ Drop mixture quickly by rounded teaspoonfuls onto lightly greased wax paper.
- ☐ Garnish, if desired. Cool.

Nutrition Facts



Properties

Glycemic Index:1.09, Glycemic Load:3.74, Inflammation Score:0, Nutrition Score:0.2960869555726%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate:

0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 32.13kcal (1.61%), Fat: 0.82g (1.25%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 6.35g (2.31%), Sugar: 6.35g (7.06%), Cholesterol: 0mg (0%), Sodium: 7.98mg (0.35%), Alcohol: 0.01g (100%), Alcohol %: 0.18% (100%), Protein: 0.17g (0.33%), Manganese: 0.05mg (2.5%)