



## Quick Vanilla Frosting

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



336 kcal

FROSTING

ICING

### Ingredients

- 1 cup plus
- 2 egg whites
- 1 teaspoon vanilla extract

### Equipment

- bowl
- hand mixer

## Directions

- In a bowl combine the egg whites, corn syrup, and vanilla beat on high speed of an electric mixer for about 6 to 7 minutes. The longer you beat it the stiffer it gets. So if you like a stiff frosting continue beating a little longer.

## Nutrition Facts



## Properties

Glycemic Index:6.33, Glycemic Load:16.59, Inflammation Score:1, Nutrition Score:1.1108695644399%

## Nutrients (% of daily need)

Calories: 335.92kcal (16.8%), Fat: 0.26g (0.4%), Saturated Fat: 0g (0%), Carbohydrates: 87.61g (29.2%), Net Carbohydrates: 87.61g (31.86%), Sugar: 87.61g (97.34%), Cholesterol: 0mg (0%), Sodium: 103.79mg (4.51%), Alcohol: 0.46g (100%), Alcohol %: 0.43% (100%), Protein: 2.18g (4.36%), Selenium: 4.8µg (6.85%), Vitamin B2: 0.09mg (5.24%), Vitamin B1: 0.07mg (4.53%), Zinc: 0.51mg (3.38%), Calcium: 16.32mg (1.63%), Potassium: 35.71mg (1.02%)