






Sea Foam III

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



120 min.

SERVINGS



10

CALORIES



158 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon cream of tartar
- 2 egg whites
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup water
- 2 cups sugar white

Equipment

- pot

wax paper

Directions

- In a medium pot, combine sugar, water, salt and cream of tartar. Cover mixture and let boil 5 minutes.
- Uncover the pot after the 5 minutes of boiling have elapsed, wipe the sides of the pot with a damp cloth. Continue boiling until the mixture reaches the firm ball stage.
- Pour the mixture over stiffly beaten egg whites, and stir in vanilla. Continue beating until the candy holds its shape when dropped from a spoon. Drop the mixture by spoonfuls onto wax paper, let cool.

Nutrition Facts

 PROTEIN 1.6%  FAT 0.76%  CARBS 97.64%

Properties

Glycemic Index:7.01, Glycemic Load:27.92, Inflammation Score:1, Nutrition Score:0.26260869204998%

Nutrients (% of daily need)

Calories: 158.37kcal (7.92%), Fat: 0.14g (0.21%), Saturated Fat: 0g (0%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 39.96g (14.53%), Sugar: 40.01g (44.46%), Cholesterol: 0mg (0%), Sodium: 40.08mg (1.74%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Protein: 0.65g (1.31%), Selenium: 1.44µg (2.06%), Vitamin B2: 0.03mg (2.02%)