



Seven Minute Frosting I



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



620 kcal

FROSTING

ICING

Ingredients

- ☐ 1.5 teaspoons plus light
- ☐ 2 egg whites
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water cold
- ☐ 1.5 cups sugar white

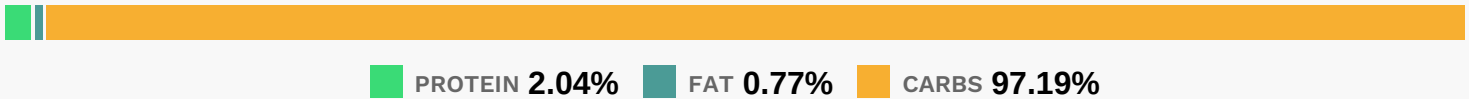
Equipment

- ☐ double boiler

Directions

- ☐ Put egg whites, sugar, water and syrup in top of double boiler. Beat until mixed well.
- ☐ Place over rapidly boiling water. Beat constantly with electric beater while it cooks for 7 minutes or until it will stand in peaks when beater is raised.
- ☐ Remove from heat.
- ☐ Add vanilla. Beat. Fills and frosts 2 layer cake, 8 or 9 inch.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:105.81, Inflammation Score:1, Nutrition Score:1.2195652305432%

Nutrients (% of daily need)

Calories: 620.09kcal (31%), Fat: 0.55g (0.84%), Saturated Fat: 0g (0%), Carbohydrates: 155.63g (51.88%), Net Carbohydrates: 155.63g (56.59%), Sugar: 155.93g (173.25%), Cholesterol: 0mg (0%), Sodium: 58.1mg (2.53%), Alcohol: 0.69g (100%), Alcohol %: 0.38% (100%), Protein: 3.27g (6.54%), Selenium: 6.95µg (9.93%), Vitamin B2: 0.16mg (9.54%), Potassium: 54.94mg (1.57%), Copper: 0.03mg (1.26%)