

Seven Minute Frosting I



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



400 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 2 egg whites
- ☐ 1 pinch salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1.5 cups sugar white

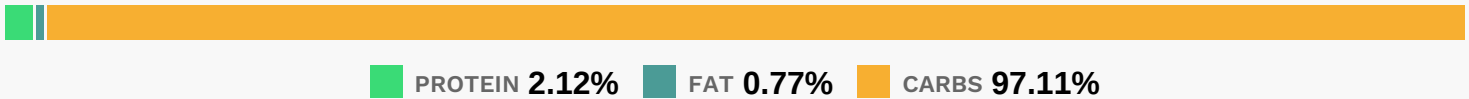
Equipment

- ☐ double boiler

Directions

- ☐ In the top of a double boiler, combine all ingredients but the vanilla.
- ☐ Beat 1 minute.
- ☐ Cook over boiling water beating constantly for 7 minutes or until the icing makes firm peaks.
- ☐ Remove from the heat and add the vanilla. Beat until able to spread. NOTE: You can add coloring with the ingredients. You can also use another flavoring in place of the vanilla.

Nutrition Facts



Properties

Glycemic Index:23.36, Glycemic Load:69.81, Inflammation Score:1, Nutrition Score:0.84869566964714%

Nutrients (% of daily need)

Calories: 399.89kcal (19.99%), Fat: 0.35g (0.55%), Saturated Fat: 0g (0%), Carbohydrates: 100.07g (33.36%), Net Carbohydrates: 100.07g (36.39%), Sugar: 100.11g (111.23%), Cholesterol: 0mg (0%), Sodium: 48.68mg (2.12%), Alcohol: 0.46g (100%), Alcohol %: 0.39% (100%), Protein: 2.18g (4.36%), Selenium: 4.6µg (6.57%), Vitamin B2: 0.11mg (6.36%), Potassium: 77.83mg (2.22%)