

Seven Minute Frosting II

 Vegetarian  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



8

CALORIES



158 kcal

FROSTING

ICING

Ingredients

- 1 tablespoon plus light
- 2 egg whites
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup water
- 1.5 cups sugar white

Equipment

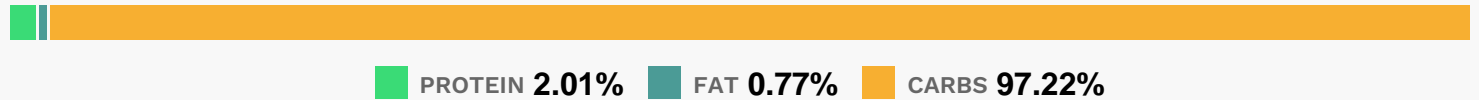
- bowl

- frying pan
- double boiler

Directions

- Combine sugar, water, egg whites, salt, corn syrup, and vanilla in the top of a double boiler. Beat all ingredients about one minute before placing bowl or pan over the heat.
- Place over rapidly boiling water; beat at high speed until the mixture forms soft peaks. (This may take longer than 7 minutes).
- Transfer frosting mixture to large bowl; beat until the mixture is thick and cool enough to spread.

Nutrition Facts



Properties

Glycemic Index:11.14, Glycemic Load:26.58, Inflammation Score:1, Nutrition Score:0.31347826682031%

Nutrients (% of daily need)

Calories: 157.5kcal (7.87%), Fat: 0.14g (0.21%), Saturated Fat: 0g (0%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 39.58g (14.39%), Sugar: 39.65g (44.06%), Cholesterol: 0mg (0%), Sodium: 160.66mg (6.99%), Alcohol: 0.17g (100%), Alcohol %: 0.34% (100%), Protein: 0.82g (1.64%), Selenium: 1.74µg (2.49%), Vitamin B2: 0.04mg (2.38%)