



Seven-Minute Icing



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

FROSTING

ICING

Ingredients

- ☐ 1 tablespoon plus light
- ☐ 2 egg whites
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water

Equipment

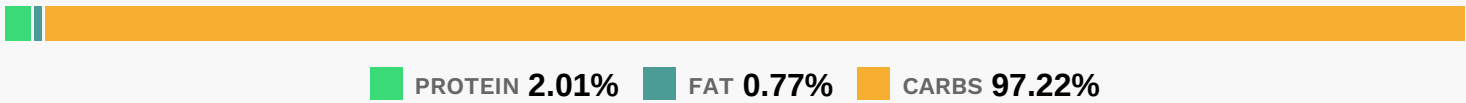
- ☐ double boiler

☐ hand mixer

Directions

- ☐ Combine first 5 ingredients in top of a double boiler. Beat at low speed with a handheld electric mixer 30 seconds or just until blended.
- ☐ Place over boiling water; beat constantly at high speed 7 minutes or until stiff peaks form.
- ☐ Remove from heat.
- ☐ Add vanilla; beat 2 minutes or until frosting is spreading consistency.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:53.16, Inflammation Score:1, Nutrition Score:0.6334782704387%

Nutrients (% of daily need)

Calories: 317.88kcal (15.89%), Fat: 0.28g (0.43%), Saturated Fat: 0g (0%), Carbohydrates: 79.29g (26.43%), Net Carbohydrates: 79.29g (28.83%), Sugar: 79.43g (88.26%), Cholesterol: 0mg (0%), Sodium: 102.9mg (4.47%), Alcohol: 0.69g (100%), Alcohol %: 0.74% (100%), Protein: 1.64g (3.27%), Selenium: 3.49µg (4.98%), Vitamin B2: 0.08mg (4.82%)