



Sorghum Marshmallows

 Gluten Free  Dairy Free

READY IN



530 min.

SERVINGS



1

CALORIES



2278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cornstarch
- 3 envelopes gelatin powder unflavored
- 1.5 cups granulated sugar
- 0.3 teaspoon kosher salt
- 0.3 cup powdered sugar
- 1.3 cups sorghum syrup
- 0.5 cup water
- 0.5 cup water cold

Equipment

- bowl
- sauce pan
- whisk
- baking pan
- stand mixer
- spatula
- cutting board
- candy thermometer

Directions

- Sprinkle gelatin over 1/2 cup cold water in bowl of a heavy-duty electric stand mixer.
- Stir together granulated sugar, next 2 ingredients, and 1/2 cup water in a 4 1/2-qt. saucepan over medium-high heat; cover and cook 3 minutes, bringing to a boil. Uncover and boil, stirring often, until syrup thickens and a candy thermometer registers 240 (about 8 to 12 minutes; lower heat as necessary to prevent mixture from boiling over).
- Gradually add hot sugar mixture to gelatin mixture, beating mixture at low speed, using whisk attachment, 30 seconds or until blended. Increase speed to high (cover bowl with a towel to prevent splattering); beat 10 to 12 minutes or until mixture cools to room temperature and is thick but still pourable.
- Whisk together cornstarch and powdered sugar. Dust a buttered 13- x 9-inch baking dish with 1 Tbsp. cornstarch mixture.
- Pour gelatin mixture into prepared dish; smooth with a lightly greased spatula. Dust with 1 1/2 Tbsp. cornstarch mixture. Cover remaining cornstarch mixture tightly, and reserve.
- Let marshmallow mixture stand, uncovered, in a cool, dry place 8 to 14 hours or until dry enough to release from baking dish and no longer sticky.
- Invert marshmallow slab onto cutting board; cut into squares (about 1 inch each). Toss squares in reserved cornstarch mixture to coat. Store marshmallows in an airtight container at room temperature up to 2 weeks.
- *Cane syrup may be substituted.

Nutrition Facts

■ PROTEIN 7.5% ■ FAT 3.33% ■ CARBS 89.17%

Properties

Glycemic Index:70.09, Glycemic Load:209.43, Inflammation Score:3, Nutrition Score:16.378695607509%

Nutrients (% of daily need)

Calories: 2277.57kcal (113.88%), Fat: 8.92g (13.72%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 537.06g (179.02%), Net Carbohydrates: 521.65g (189.69%), Sugar: 328.74g (365.27%), Cholesterol: 0mg (0%), Sodium: 655.24mg (28.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.18g (90.36%), Phosphorus: 701.15mg (70.11%), Iron: 11.12mg (61.76%), Fiber: 15.41g (61.63%), Vitamin B1: 0.57mg (38.27%), Vitamin B3: 7.04mg (35.21%), Vitamin B2: 0.45mg (26.58%), Copper: 0.53mg (26.56%), Potassium: 851.04mg (24.32%), Selenium: 11.17µg (15.96%), Calcium: 90.15mg (9.01%), Manganese: 0.05mg (2.69%), Magnesium: 7.96mg (1.99%), Folate: 6.3µg (1.58%)