



## Spooky Homemade Marshmallows

 **Gluten Free**  **Dairy Free**

READY IN



285 min.

SERVINGS



36

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 teaspoons cornstarch argo®
- 1 cup plus light karo®
- 3 envelopes gelatin powder unflavored
- 1 cup powdered sugar
- 0.1 teaspoon salt
- 2.3 cups sugar
- 2 teaspoons vanilla extract pure spice islands®
- 1 cup water divided room temperature

## Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- knife
- mixing bowl
- blender
- stand mixer
- kitchen scissors
- candy thermometer

## Directions

- Combine 1/2 cup water, salt and gelatin in large bowl of a stand mixer. Stir and set aside.
- Combine remaining 1/2 cup water, sugar and corn syrup in a large saucepan over medium heat. Bring to a boil, stirring frequently. Using a candy thermometer, cook until mixture reaches 240 degrees F or soft ball stage.
- Gradually pour the hot syrup over the gelatin mixture with the mixer on low. Turn the mixer on its highest speed and beat for 8 minutes.
- Add vanilla and beat an additional 2 minutes. The mixing bowl will get very full. The marshmallows will become very thick, white and shiny.
- Spread mixture onto greased baking sheet with sides. For thicker marshmallows, use a 13 x 9-inch pan.
- Let marshmallows cool at least 4 hours or overnight.
- Combine powdered sugar and corn starch in a shallow pan.
- Cut the marshmallows into bite-size pieces with a sharp knife or scissors, dropping one at a time into the powdered sugar. Toss to coat well. Store marshmallows in an airtight container in a cool place. Best used within 1 month.

## Nutrition Facts



■ PROTEIN 2.1% ■ FAT 0.56% ■ CARBS 97.34%

## Properties

Glycemic Index:2.47, Glycemic Load:10.11, Inflammation Score:1, Nutrition Score:0.12260869655596%

## Nutrients (% of daily need)

Calories: 90.81kcal (4.54%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0%), Carbohydrates: 23.16g (7.72%), Net Carbohydrates: 23.15g (8.42%), Sugar: 23.04g (25.6%), Cholesterol: 0mg (0%), Sodium: 15.64mg (0.68%), Alcohol: 0.08g (100%), Alcohol %: 0.3% (100%), Protein: 0.5g (1%)