



Toasted Coconut Marshmallows



Gluten Free



Dairy Free

READY IN



520 min.

SERVINGS



20

CALORIES



203 kcal

Ingredients

- ☐ 20 servings confectioners' sugar
- ☐ 1 cup plus light
- ☐ 3 packages gelatin powder unflavored
- ☐ 1.5 cups granulated sugar
- ☐ 0.3 teaspoon kosher salt
- ☐ 7 ounces coconut or shredded sweetened toasted
- ☐ 1 tablespoon vanilla extract pure

Equipment

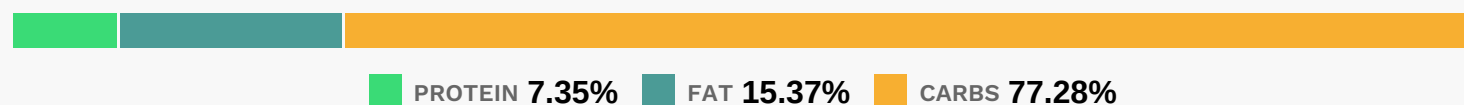
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ candy thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ Sprinkle half the toasted coconut in an 8 by 12-inch nonmetal pan.
- ☐ Pour in the marshmallow batter and smooth the top of the mixture with damp hands.
- ☐ Sprinkle on the remaining toasted coconut. Allow to dry uncovered at room temperature overnight.
- ☐ Remove the marshmallows from the pan and cut into squares.
- ☐ Roll the sides of each piece carefully in confectioners' sugar. Store uncovered at room temperature.
- ☐ Combine the gelatin and 1/2 cup of cold water in the bowl of an electric mixer fitted with the whisk attachment and allow to sit while you make the syrup.
- ☐ Meanwhile, combine the sugar, corn syrup, salt, and 1/2 cup water in a small saucepan and cook over medium heat until the sugar dissolves. Raise the heat to high and cook until the syrup reaches 240 degrees F on a candy thermometer.
- ☐ Remove from the heat.
- ☐ With the mixer on low speed, slowly pour the sugar syrup into the dissolved gelatin.
- ☐ Put the mixer on high speed and whip until the mixture is very thick, about 15 minutes.
- ☐ Add the vanilla and mix thoroughly.

Nutrition Facts



Properties

Glycemic Index:4.45, Glycemic Load:12.96, Inflammation Score:1, Nutrition Score:1.6734782385275%

Nutrients (% of daily need)

Calories: 202.77kcal (10.14%), Fat: 3.61g (5.55%), Saturated Fat: 3.13g (19.53%), Carbohydrates: 40.83g (13.61%), Net Carbohydrates: 40.38g (14.69%), Sugar: 40.25g (44.73%), Cholesterol: 0mg (0%), Sodium: 74.24mg (3.23%), Alcohol: 0.22g (100%), Alcohol %: 0.52% (100%), Protein: 3.88g (7.76%), Manganese: 0.25mg (12.62%), Copper: 0.12mg (6.2%), Selenium: 3.57µg (5.1%), Fiber: 0.45g (1.79%), Zinc: 0.26mg (1.76%), Magnesium: 6.13mg (1.53%), Iron: 0.25mg (1.39%), Vitamin B6: 0.03mg (1.37%), Phosphorus: 12.29mg (1.23%), Potassium: 35.71mg (1.02%)