



Toasted-Marshmallow Topping



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

SIDE DISH

Ingredients

- ☐ 1 cup plus light
- ☐ 0.3 teaspoon cream of tartar
- ☐ 3 large egg whites
- ☐ 0.8 cup sugar
- ☐ 0.1 teaspoon vanilla extract
- ☐ 1 cup water

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ broiler
- ☐ microwave
- ☐ pastry brush
- ☐ pie form
- ☐ candy thermometer

Directions

- ☐ Stir corn syrup, 1 cup water, and sugar in medium saucepan over medium-high heat until sugar dissolves. Attach candy thermometer to side of pan. Boil syrup without stirring until thermometer registers 238°F, occasionally brushing down sides of pan with wet pastry brush, about 12 minutes.
- ☐ Meanwhile, place egg whites, cream of tartar, and vanilla in bowl of heavy-duty mixer fitted with whisk. When thermometer in syrup registers 230°F, beat whites at medium-low speed until peaks form. When thermometer registers 238°F, pour hot syrup down sides of bowl, beating until marshmallow topping is shiny and thick, about 2 minutes.
- ☐ Scrape topping into glass pie dish. DO AHEAD Can be made 1 day ahead. Cover with inverted bowl (plastic wrap will stick).
- ☐ Let stand at room temperature. If topping hardens, microwave in 10-second intervals before browning.
- ☐ Preheat broiler. Broil marshmallow topping until surface is golden brown, about 1 minute.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 2.53%**  **FAT 0.7%**  **CARBS 96.77%**

Properties

Glycemic Index:22.27, Glycemic Load:38.62, Inflammation Score:1, Nutrition Score:1.2521739140477%

Nutrients (% of daily need)

Calories: 399.35kcal (19.97%), Fat: 0.33g (0.51%), Saturated Fat: 0g (0%), Carbohydrates: 103.13g (34.38%), Net Carbohydrates: 103.13g (37.5%), Sugar: 103.09g (114.54%), Cholesterol: 0mg (0%), Sodium: 97.38mg (4.23%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 2.7g (5.4%), Selenium: 5.77µg (8.25%), Vitamin B2: 0.12mg (6.82%), Vitamin B1: 0.05mg (3.42%), Zinc: 0.39mg (2.62%), Potassium: 73.07mg (2.09%), Calcium: 14.99mg (1.5%), Magnesium: 4.19mg (1.05%)