



Tom and Jerry Batter



Vegetarian



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



12

CALORIES



778 kcal

SIDE DISH

Ingredients

- 1 pound butter room temperature
- 3 pounds powdered sugar
- 12 eggs separated
- 1 teaspoon ground allspice
- 1 teaspoon ground cloves
- 1 teaspoon nutmeg
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

- bowl
- whisk
- mixing bowl

Directions

- Beat egg whites and salt until foamy in a large glass or metal mixing bowl until stiff peaks form. Lift your beater or whisk straight up: the egg whites should form a sharp peak that holds its shape.
- Beat the egg yolks to soft peaks in a separate bowl. Beat the butter and confectioners' sugar in a large bowl until light and fluffy.
- Add the egg yolks and vanilla to the butter mixture; mix. Stir in the nutmeg, cloves, allspice, and the egg whites; beat until well blended. Batter can be frozen or kept in refrigerator for several weeks.
- To make a Tom and Jerry, fill a cup of hot water with spiced rum or brandy, warm milk, hot cocoa, or eggnog and stir in 1 heaping tablespoon of batter.

Nutrition Facts



PROTEIN 2.97% **FAT 39.63%** **CARBS 57.4%**

Properties

Glycemic Index:11.25, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:5.9813043358533%

Nutrients (% of daily need)

Calories: 777.79kcal (38.89%), Fat: 34.94g (53.75%), Saturated Fat: 20.86g (130.38%), Carbohydrates: 113.86g (37.95%), Net Carbohydrates: 113.74g (41.36%), Sugar: 111.18g (123.54%), Cholesterol: 244.95mg (81.65%), Sodium: 405.34mg (17.62%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Protein: 5.9g (11.79%), Vitamin A: 1183.54IU (23.67%), Selenium: 14.59µg (20.84%), Vitamin B2: 0.24mg (13.9%), Phosphorus: 96.93mg (9.69%), Vitamin E: 1.35mg (9.02%), Vitamin B12: 0.46µg (7.6%), Vitamin B5: 0.72mg (7.17%), Manganese: 0.13mg (6.39%), Vitamin D: 0.88µg (5.87%), Folate: 22.04µg (5.51%), Iron: 0.88mg (4.91%), Zinc: 0.62mg (4.15%), Vitamin B6: 0.08mg (3.86%), Calcium: 37.4mg (3.74%), Vitamin K: 3.01µg (2.87%), Potassium: 76.6mg (2.19%), Copper: 0.04mg (2.16%), Magnesium: 7.04mg (1.76%), Vitamin B1: 0.02mg (1.37%)