



Winter White Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



375 kcal

SIDE DISH

Ingredients



1 tablespoon meringue powder



4 cups powdered sugar



0.3 cup water hot

Equipment



hand mixer

Directions

Beat together all ingredients with an electric mixer until smooth. Use immediately.

Nutrition Facts

PROTEIN 0%FAT 0%CARBS 100%

Properties

Glycemic Index:18.4, Glycemic Load:0.61, Inflammation Score:1, Nutrition Score:1.0513043372851%

Nutrients (% of daily need)

Calories: 374.71kcal (18.74%), Fat: Og (0%), Saturated Fat: Og (0%), Carbohydrates: 96.47g (32.16%), Net Carbohydrates: 96.47g (35.08%), Sugar: 93.89g (104.32%), Cholesterol: Omg (0%), Sodium: 256.91mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: Og (0%), Calcium: 142.34mg (14.23%), Phosphorus: 52.58mg (5.26%), Iron: 0.32mg (1.79%), Vitamin B2: 0.02mg (1.07%)