

# Seven Minute Icing

*Five low fat Seven Minute Icing recipes that you can prepare in only seven minutes! Includes lemon, vanilla, caramel and orange flavored icings.*



## 7-Minute Orange Icing



2 large egg whites  
1-1/2 cups granulated sugar  
1/4 cup plus 1-tablespoon cold water  
2 tablespoons light corn syrup  
1/2 teaspoon orange extract  
1 teaspoon orange zest, grated

Combine all ingredients, except orange extract and zest, in the top of a double boiler or bowl. Bring water in the bottom of the double boiler or saucepan (if using a bowl) to a simmer. Place top of the double boiler or the bowl over the simmering water. Immediately begin whipping mixture 3 minutes with an electric mixer on medium speed. Increase speed to high and beat another 3 minutes. Remove top of double boiler. Add orange extract and zest. Beat 1 minute on high speed until mixture holds stiff peaks and is satiny. Makes enough to fill and frost a double layer 8 or 9 inch cake.

Recipe makes 12 servings.

### **Nutrition information per serving:**

Calories: 109; Fat: 0g; Cholesterol: 0mg; Protein: 0.6g; Carbohydrates: 27.7g; Fiber: 0g;  
Sugar: 26.8g; Sodium: 22mg  
Calories from fat: 0 percent  
Dietary Exchanges: Sugar: 1.7, Very lean meat protein: 0.1

## 7-Minute Caramel Icing



2 large egg whites  
1-1/2 cups brown sugar  
1/4 cup plus 1-tablespoon cold water  
2 tablespoons light corn syrup  
1/2 teaspoon vanilla extract  
1/2 teaspoon almond extract

Combine all ingredients, except vanilla and almond extract, in the top of a double boiler or bowl. Bring water in the bottom of the double boiler or saucepan (if using a bowl) to a simmer. Place top of the double boiler or the bowl over the simmering water. Immediately begin whipping mixture 3 minutes with an electric mixer on medium speed. Increase speed to high and beat another 3 minutes. Remove top of double boiler. Add vanilla and almond extract. Beat 1 minute on high speed until mixture holds stiff peaks and is satiny. Makes enough to fill and frost a double layer 8 or 9-inch cake. Recipe makes 12 servings.

### **Nutrition information per serving:**

Calories: 116; Fat: 0g; Calories from fat: 0 percent; Cholesterol: 0mg; Protein: 0.6g;  
Carbohydrates: 29.5g; Fiber: 0g; Sugar: 28.6g; Sodium: 33mg  
Dietary Exchanges: Sugar: 1.5, Very lean meat protein: 0.1

## 7-Minute Vanilla Icing



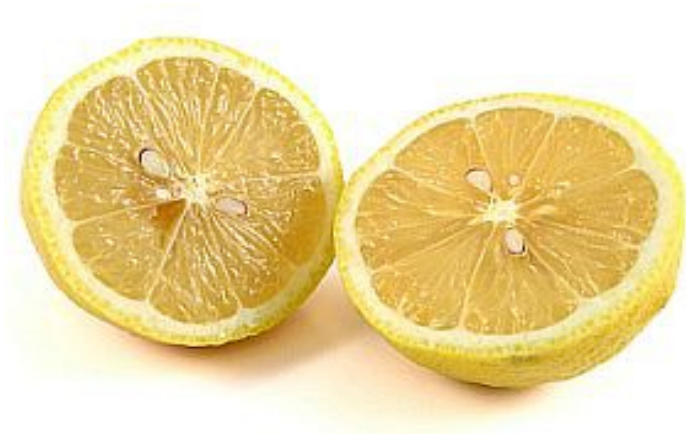
2 large egg whites  
1-1/2 cups granulated sugar  
1/4 cup plus 1-tablespoon cold water  
2 tablespoons light corn syrup  
1 teaspoon vanilla extract (optional)

Combine all ingredients, except vanilla, in the top of a double boiler or bowl. Bring water in the bottom of the double boiler or saucepan (if using a bowl) to a simmer. Place top of the double boiler or the bowl over the simmering water. Immediately begin whipping mixture three minutes with an electric mixer on medium speed. Increase speed to high and beat another three minutes. Remove top of double boiler. Add vanilla. Beat one minute on high speed until mixture holds stiff peaks and is satiny. Makes enough to fill and frost a double layer 8 or 9-inch cake. Recipe makes 12 servings.

### **Nutrition information per serving:**

Calories: 110; Fat: 0g; Calories from fat: 0 percent; Cholesterol: 0mg; Protein: 0.6g;  
Carbohydrates: 27.7g; Fiber: 0g; Sugar: 26.8g; Sodium: 22mg  
Dietary Exchanges: 1.7, Very lean meat protein: 0.1

## 7-Minute Lemon Icing



2 large egg whites  
1-1/2 cups granulated sugar  
3 tablespoons cold water  
2 tablespoons fresh lemon juice  
2 tablespoons light corn syrup  
1 teaspoon vanilla extract(optional)  
1 teaspoon lemon zest, grated

Combine all ingredients, except vanilla and lemon zest, in the top of a double boiler or bowl. Bring water in the bottom of the double boiler or saucepan (if using a bowl) to a simmer. Place top of the double boiler or the bowl over the simmering water. Immediately begin whipping mixture 3 minutes with an electric mixer on medium speed. Increase speed to high and beat another 3 minutes. Remove top of double boiler. Add vanilla and lemon zest. Beat 1 minute on high speed until mixture holds stiff peaks and is satiny. Makes enough to fill and frost a double layer 8 or 9 inch cake.

Nutrition information per serving:

Calories: 111; Fat: 0g; Calories from fat: 0%; Cholesterol: 0mg; Protein: 0.6g;  
Carbohydrates: 26.9g; Fiber: 0g; Sugar: 26.8g; Sodium: 22mg  
Dietary Exchanges: Sugar: 1.7, Very lean meat protein: 0.1

"When whipped, gelatin,  
water, and simple **syrup**  
become thick, just like  
marshmallow and become  
similar to 7-minute frosting."