

Zefir a Russian Marshmallows

Yield: 50 min
Total Time: 770 min

Recipe from: <https://www.recipeschoose.com/recipes/zefir-recipe-russian-language>

Ingredients:

- 3 egg whites
- 3 cups sugar
- 1 cup water
- 5 teaspoons gelatin
- 5 tablespoons lemon juice
- 1/3 teaspoon food coloring

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 12 grams
3. Protein: 1 grams
4. Sodium: 5 milligrams
5. Sugar: 12 grams

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