

Eggs in sweets

From the sweeties.net wiki

Eggs are one of the 14 allergens that must always be declared. In the sweets below, the egg ingredient is egg white, also called albumen, which has a special talent: it whips into a foam.

Why egg white is used

Albumen is a mixture of proteins found in egg whites, and it is used for its ability to create foams. In a sweet, it holds tiny air bubbles in place until the sweet sets. In commercial sweet making, dried albumen is used rather than fresh egg whites, which is safer and adds less water.

Where egg turns up

- **Nougat.** The usual nougat of Western and Southern Europe is made from a mousse of whipped egg white sweetened with sugar or honey, with nuts or candied fruit added. Some nougat in Central and Northern Europe, a brown paste, is made without egg whites.
- **Marshmallows.** The earliest marshmallow sweets, the French pâte de guimauve, were made by whipping marshmallow root with sugar, water and egg whites. Today the two proteins most commonly used to whip marshmallows are albumen and gelatine, so a marshmallow may contain egg, gelatine or both: see [what are foam sweets made of?](#)
- **Macaroons.** Originally made from ground almonds, egg whites and sugar, and now often with coconut. Mass produced macaroons typically contain coconut, sweetener, starch and egg whites.

On the label

On packed sweets, egg must be emphasised in the ingredients list every time it appears, using a different font, style or background colour. Look for egg, egg white, dried egg white or albumen. For loose sweets, the seller must be able to tell you which contain egg: see [the 14 allergens explained for sweets](#)

Eggs and diets

Sweets containing egg are not vegan. Macaroons, for example, are suitable for vegetarians who eat eggs but not for vegans. If a marshmallow or foam sweet is whipped with gelatine instead, it is not vegetarian either: see [a guide to vegan sweets](#)

Our foam sweets and marshmallow twists are the kinds to check if you avoid egg. Each sweet card shows its ingredients and allergens before you buy.

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