

Fried egg sweets

From the sweeties.net wiki

Fried egg sweets are shaped like an egg fried sunny side up: a white base with a round yellow yolk. There is no egg in them. The white is a foam, whipped full of air like marshmallow, and the yolk is a coloured jelly laid on top in the same mould: see [how are fried egg sweets made?](#)

Three recipes

Haribo Fried Eggs, as listed by The Candy King. Glucose syrup, sugar, dextrose, gelatine, citric acid, flavouring, concentrates of elderberry, lemon, mango, orange, passion fruit and safflower, and beeswax and carnauba wax as glazing agents.

Fried Eggs, as listed by Sweets and Candy. A much longer list: sugar, glucose syrup, invert sugar syrup, gelatine and pectin, corn, potato and tapioca starches, maltodextrins, dextrose, five acids, hydrolysed rice protein, potato protein, glycerol and sorbitols, apple juice, palm, coconut and rapeseed oils, carnauba wax and beeswax, fruit and vegetable concentrates, flavourings, and the colours E120, E160a and E160c. The listing says they may contain traces of milk.

Candy Universe Fried Eggs, as listed by Sweets and Candy. Glucose syrup, sugar, water, beef gelatine marked halal, modified starch, citric acid, flavourings, the colours E102, E110, E129, E133 and E150d, palm oil, and carnauba wax and beeswax. The retailer describes them as a soft, fruity foam base with a jelly centre.

Making the foam hold

Gelatine is a protein, which makes it easy to whip full of air. Starch based foams will only hold air if a protein is added, such as pea or potato protein. The long Sweets and Candy recipe lists both gelatine and plant proteins: hydrolysed rice protein and potato protein.

The colours

- **Haribo's** lists no E number colours at all: the colour comes from fruit and plant concentrates.
- **The Sweets and Candy recipe** uses carmine (E120), a red made from insects, with two carotenoid colours: E160a, carotenes, and E160c, paprika extract: see [what is carmine?](#)
- **Candy Universe's** uses tartrazine (E102), sunset yellow (E110) and allura red (E129), three of the six colours that must carry the warning may have an adverse effect on activity and attention in children, and the listing shows it. It also uses brilliant blue (E133) and E150d, a caramel colour: see [the Southampton six colours](#)

Diet and allergy points

- **Gelatine.** All three recipes contain gelatine, so none is suitable for vegetarians or vegans: see [gelatine in sweets explained](#)
- **Halal.** Only Candy Universe's says its beef gelatine is halal: see [a guide to halal sweets](#)
- **Beeswax.** All three are glazed with beeswax as well as carnauba wax: see [what is beeswax on sweets?](#)
- **Milk, gluten and soya.** Sweets and Candy warns that its fried eggs may contain milk, and that Candy Universe's may contain milk, gluten and soya: see [what does may contain mean on sweets?](#)

In our pick and mix

We sell [SW027](#) by the 100 g. Recipes differ between makers, so the card opens up to show the full ingredients and allergens for the fried egg sweets we actually stock.

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