



## Aunt Mary's Vanilla Frosting

READY IN



45 min.

SERVINGS



8

CALORIES



282 kcal

FROSTING

ICING

### Ingredients

- 0.5 cup butter softened
- 0.7 cup confectioners' sugar
- 5 tablespoons flour all-purpose
- 0.5 cup milk
- 0.5 cup shortening
- 1 teaspoon vanilla extract

### Equipment

- mixing bowl

## Directions

- Combine butter or margarine, shortening, confectioners' sugar, flour, vanilla, and milk in a mixing bowl. Whip all ingredients until fluffy.

## Nutrition Facts

**PROTEIN 1.55%** **FAT 78.36%** **CARBS 20.09%**

## Properties

Glycemic Index:20.38, Glycemic Load:2.86, Inflammation Score:-2, Nutrition Score:2.2578260859717%

## Nutrients (% of daily need)

Calories: 281.54kcal (14.08%), Fat: 24.85g (38.24%), Saturated Fat: 10.79g (67.42%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 14.21g (5.17%), Sugar: 10.6g (11.78%), Cholesterol: 32.33mg (10.78%), Sodium: 97.87mg (4.26%), Alcohol: 0.17g (100%), Alcohol %: 0.38% (100%), Protein: 1.11g (2.21%), Vitamin A: 379.25IU (7.59%), Vitamin E: 1.13mg (7.5%), Vitamin K: 7.87µg (7.49%), Vitamin B1: 0.05mg (3.24%), Vitamin B2: 0.05mg (3.02%), Selenium: 2.08µg (2.97%), Phosphorus: 23.9mg (2.39%), Calcium: 23.15mg (2.31%), Folate: 9µg (2.25%), Vitamin B5: 0.18mg (1.8%), Vitamin B12: 0.11µg (1.77%), Manganese: 0.03mg (1.71%), Vitamin B3: 0.3mg (1.5%), Iron: 0.24mg (1.31%), Vitamin D: 0.17µg (1.12%)