



WHATSheATE

Bakery Shop Icing



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



299 kcal

FROSTING

ICING

Ingredients



0.5 cup butter softened



1 tablespoon cornstarch



0.5 cup warm milk



6 tablespoons shortening



2 teaspoons vanilla extract



1 cup sugar white

Equipment

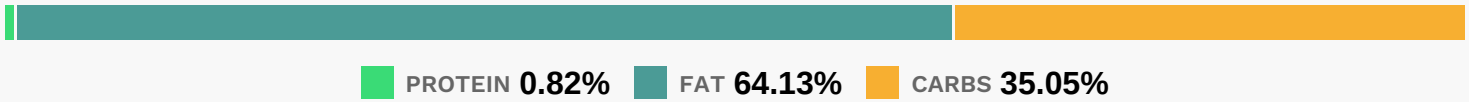


bowl

Directions

- ☐
- In a large bowl, cream butter, shortening, sugar and vanilla together. Stir cornstarch into milk and add to butter mixture. Beat at low speed until well blended. Beat another 5 to 7 minutes until icing is creamy.
- ☐
- Note: This icing will appear curdled at first, but continue beating and it will become smooth.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:17.73, Inflammation Score:-2, Nutrition Score:1.510869567485%

Nutrients (% of daily need)

Calories: 298.68kcal (14.93%), Fat: 21.68g (33.35%), Saturated Fat: 9.98g (62.35%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 26.65g (9.69%), Sugar: 25.82g (28.69%), Cholesterol: 32.33mg (10.78%), Sodium: 97.83mg (4.25%), Alcohol: 0.34g (100%), Alcohol %: 0.66% (100%), Protein: 0.62g (1.25%), Vitamin A: 379.25IU (7.59%), Vitamin E: 0.93mg (6.17%), Vitamin K: 6.15µg (5.85%), Calcium: 22.64mg (2.26%), Phosphorus: 19mg (1.9%), Vitamin B2: 0.03mg (1.86%), Vitamin B12: 0.11µg (1.77%), Vitamin B5: 0.14mg (1.38%), Vitamin D: 0.17µg (1.12%)