



Banana Butter Frosting



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



268 kcal

FROSTING

ICING

Ingredients

- 0.5 cup banana mashed
- 0.3 cup butter softened
- 3.5 cups confectioners' sugar sifted
- 0.5 teaspoon juice of lemon

Equipment

- bowl
- hand mixer

Directions

- Beat banana and lemon juice in a bowl with an electric hand mixer set to Low until completely mixed.
- Beat butter into the banana mixture until creamy.
- Beat confectioners' sugar into the banana mixture in small batches, beating continually, until entirely integrated into a light and fluffy frosting.

Nutrition Facts

PROTEIN 0.31% **FAT 18.94%** **CARBS 80.75%**

Properties

Glycemic Index:13.1, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:0.96565217362798%

Flavonoids

Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 267.67kcal (13.38%), Fat: 5.8g (8.92%), Saturated Fat: 3.66g (22.89%), Carbohydrates: 55.63g (18.54%), Net Carbohydrates: 55.26g (20.09%), Sugar: 53.07g (58.97%), Cholesterol: 15.25mg (5.08%), Sodium: 46.81mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.43%), Vitamin A: 186.29IU (3.73%), Vitamin B6: 0.05mg (2.6%), Manganese: 0.04mg (2.01%), Vitamin C: 1.34mg (1.63%), Potassium: 53.42mg (1.53%), Fiber: 0.37g (1.47%), Vitamin B2: 0.02mg (1.34%), Vitamin E: 0.18mg (1.19%)