



Best Ever Butter Cream Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



169 kcal

FROSTING

ICING

Ingredients

- 1 cup butter softened
- 1 egg white
- 0.8 cup milk
- 1 teaspoon vanilla extract
- 1 cup sugar white

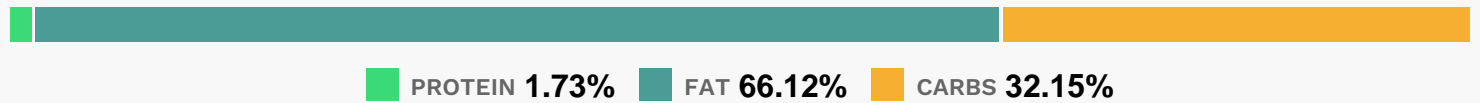
Equipment

- bowl
- blender

Directions

- Heat milk to boiling, and then let cool. In a large bowl, beat egg white until stiff.
- Add sugar, butter, and vanilla.
- Mix with mixer till well blended.
- Add cooled milk, then beat until nice and creamy. Will take about 15 to 20 minutes of beating after adding the milk. Use to frost any kind of cake. Best if kept refrigerated after frosting cake.

Nutrition Facts



Properties

Glycemic Index:10.54, Glycemic Load:9.53, Inflammation Score:-2, Nutrition Score:1.055652178338%

Nutrients (% of daily need)

Calories: 168.97kcal (8.45%), Fat: 12.71g (19.55%), Saturated Fat: 8.01g (50.03%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 13.91g (5.06%), Sugar: 13.95g (15.5%), Cholesterol: 34mg (11.33%), Sodium: 105.42mg (4.58%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Protein: 0.75g (1.49%), Vitamin A: 397.95IU (7.96%), Vitamin E: 0.36mg (2.38%), Vitamin B2: 0.03mg (1.97%), Calcium: 18.94mg (1.89%), Phosphorus: 16.27mg (1.63%), Vitamin B12: 0.09µg (1.56%), Selenium: 0.86µg (1.23%), Vitamin K: 1.1µg (1.04%)