



Butter Cream Frosting I

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



283 kcal

FROSTING

ICING

Ingredients

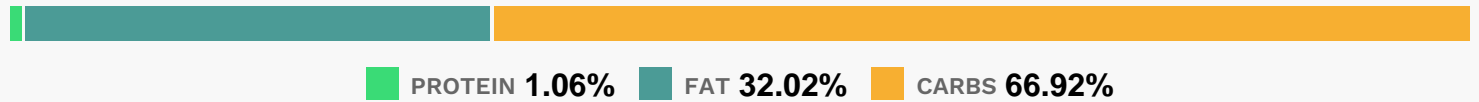
- 0.5 cup butter softened
- 4 cups powdered sugar
- 2 egg yolk beaten
- 2 tablespoons milk
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

Directions

- Cream butter until soft.
- Add salt and part of sugar gradually, blending after each addition. Then add egg yolks and vanilla; blend well.
- Add remaining sugar, alternately with milk, until of right consistency to spread, beating after each addition until smooth. Makes 2 1/2 cups or enough frosting to cover tops and sides of two 8 or 9 inch layers.
- Note: If desired, 1 whole egg may be substituted for the 2 egg yolks to make 2 3/4 cups frosting.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.2504347849475%

Nutrients (% of daily need)

Calories: 282.64kcal (14.13%), Fat: 10.26g (15.78%), Saturated Fat: 6.23g (38.96%), Carbohydrates: 48.23g (16.08%), Net Carbohydrates: 48.23g (17.54%), Sugar: 47.17g (52.41%), Cholesterol: 63.64mg (21.21%), Sodium: 105.91mg (4.6%), Alcohol: 0.14g (100%), Alcohol %: 0.26% (100%), Protein: 0.77g (1.54%), Vitamin A: 340.41IU (6.81%), Selenium: 2.47µg (3.54%), Vitamin E: 0.36mg (2.38%), Vitamin B2: 0.04mg (2.15%), Phosphorus: 19.82mg (1.98%), Vitamin B12: 0.11µg (1.76%), Vitamin D: 0.23µg (1.52%), Folate: 5.6µg (1.4%), Vitamin B5: 0.13mg (1.31%), Calcium: 11.6mg (1.16%)