



Butter Cream Frosting II

 Gluten Free

READY IN



20 min.

SERVINGS



15

CALORIES



274 kcal

FROSTING

ICING

Ingredients

- 5 cups powdered sugar
- 0.5 cup butter
- 0.3 cup milk
- 0.1 teaspoon salt
- 0.5 cup shortening
- 1.5 teaspoons vanilla extract

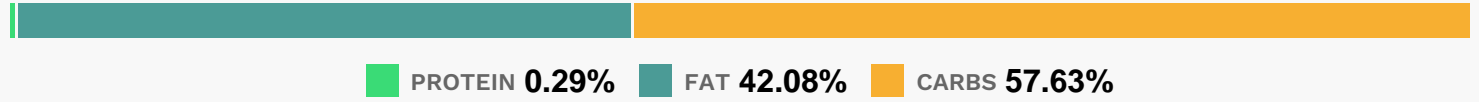
Equipment

- bowl

Directions

- In a large bowl, cream margarine and shortening until light and fluffy.
- Add salt, vanilla, confectioners' sugar and milk. Beat well.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:0.83782607964847%

Nutrients (% of daily need)

Calories: 274kcal (13.7%), Fat: 13.05g (20.08%), Saturated Fat: 3.05g (19.05%), Carbohydrates: 40.23g (13.41%), Net Carbohydrates: 40.23g (14.63%), Sugar: 39.37g (43.74%), Cholesterol: 0.49mg (0.16%), Sodium: 93.39mg (4.06%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Protein: 0.2g (0.4%), Vitamin A: 277.25IU (5.54%), Vitamin E: 0.66mg (4.37%), Vitamin K: 3.65µg (3.47%)