



Buttercream-Coconut Cake Icing



Gluten Free



Low Fod Map

READY IN



15 min.

SERVINGS



3

CALORIES



1408 kcal

DESSERT

Ingredients

- ☐ 3 cups confectioners' sugar sifted
- ☐ 0.3 cup pecans chopped
- ☐ 7 ounce coconut or sweetened divided flaked
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup vegetable shortening

Equipment

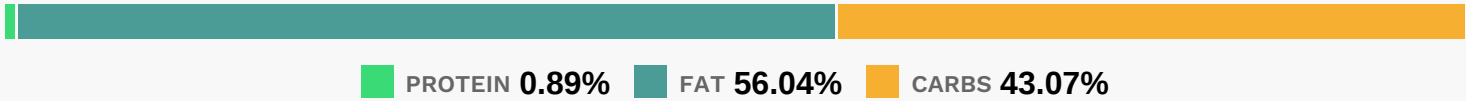
- ☐ bowl

☐ hand mixer

Directions

- ☐ Beat butter and shortening with an electric mixer in a large bowl until smooth; beat in vanilla extract.
- ☐ Gradually beat confectioners' sugar into butter mixture until well blended. The mixture will appear dry.
- ☐ Stir enough milk into butter mixture to achieve desired consistency for icing.
- ☐ Fold half the coconut into the icing; spread icing over cake.
- ☐ Sprinkle remaining coconut and pecans over icing.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:10.674782576444%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 1408.34kcal (70.42%), Fat: 89.92g (138.33%), Saturated Fat: 46g (287.5%), Carbohydrates: 155.48g (51.83%), Net Carbohydrates: 148.06g (53.84%), Sugar: 142.25g (158.06%), Cholesterol: 81.34mg (27.11%), Sodium: 196.57mg (8.55%), Alcohol: 0.46g (100%), Alcohol %: 0.22% (100%), Protein: 3.23g (6.45%), Manganese: 1.05mg (52.62%), Fiber: 7.42g (29.68%), Vitamin E: 3.1mg (20.66%), Vitamin K: 21.14µg (20.14%), Vitamin A: 950.54IU (19.01%), Selenium: 12.09µg (17.28%), Copper: 0.32mg (15.98%), Magnesium: 45.64mg (11.41%), Phosphorus: 100.47mg (10.05%), Potassium: 289.49mg (8.27%), Iron: 1.33mg (7.41%), Zinc: 0.93mg (6.19%), Vitamin B1: 0.08mg (5.25%), Vitamin B5: 0.45mg (4.45%), Vitamin D: 0.57µg (3.78%), Vitamin B2: 0.06mg (3.45%), Vitamin B3: 0.59mg (2.94%), Calcium: 24.4mg (2.44%), Vitamin B6: 0.04mg (2.04%), Folate: 5.12µg (1.28%), Vitamin B12: 0.06µg (1.07%)