



WHATSheATE



Buttercream-Coconut Cake Icing



Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



1414 kcal

DESSERT

Ingredients

- ☐ 3 cups confectioners' sugar sifted
- ☐ 2 tablespoons milk or as needed
- ☐ 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

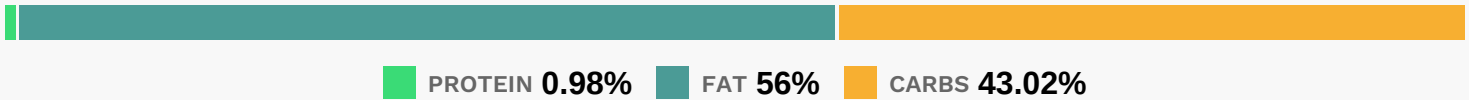
Equipment

- ☐ 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:16, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:10.999565181201%

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: 1414.34kcal (70.72%), Fat: 90.24g (138.82%), Saturated Fat: 46.19g (288.67%), Carbohydrates: 155.95g (51.98%), Net Carbohydrates: 148.53g (54.01%), Sugar: 142.74g (158.6%), Cholesterol: 82.54mg (27.51%), Sodium: 200.37mg (8.71%), Alcohol: 0.46g (100%), Alcohol %: 0.21% (100%), Protein: 3.55g (7.11%), Manganese: 1.05mg (52.64%), Fiber: 7.42g (29.68%), Vitamin E: 3.1mg (20.7%), Vitamin K: 21.17µg (20.16%), Vitamin A: 966.74IU (19.33%), Selenium: 12.28µg (17.55%), Copper: 0.32mg (15.98%), Magnesium: 46.84mg (11.71%), Phosphorus: 110.57mg (11.06%), Potassium: 304.49mg (8.7%), Iron: 1.33mg (7.41%), Zinc: 0.97mg (6.46%), Vitamin B1: 0.08mg (5.62%), Vitamin B5: 0.48mg (4.83%), Vitamin D: 0.68µg (4.52%), Vitamin B2: 0.07mg (4.26%), Calcium: 36.7mg (3.67%), Vitamin B3: 0.6mg (3%), Vitamin B6: 0.05mg (2.34%), Vitamin B12: 0.12µg (1.97%), Folate: 5.12µg (1.28%)