

# Buttercream Icing

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**10**

CALORIES



**362 kcal**

FROSTING

ICING

## Ingredients

- 0.5 cup butter softened
- 4 cups powdered sugar
- 2 tablespoons milk
- 0.5 cup shortening
- 1 teaspoon vanilla extract

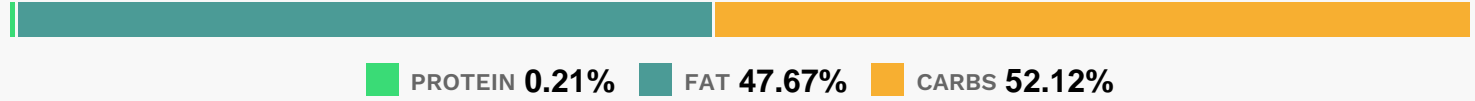
## Equipment

- bowl

## Directions

- In a large bowl, cream together the butter, shortening, and vanilla. Blend in the sugar, one cup at a time, beating well after each addition. Beat in the milk, and continue mixing until light and fluffy. Keep icing covered until ready to decorate.

## Nutrition Facts



## Properties

Glycemic Index:8.8, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.0478260768173%

## Nutrients (% of daily need)

Calories: 361.66kcal (18.08%), Fat: 19.55g (30.08%), Saturated Fat: 8.45g (52.83%), Carbohydrates: 48.1g (16.03%), Net Carbohydrates: 48.1g (17.49%), Sugar: 47.15g (52.38%), Cholesterol: 24.76mg (8.25%), Sodium: 75.53mg (3.28%), Alcohol: 0.14g (100%), Alcohol %: 0.24% (100%), Protein: 0.2g (0.39%), Vitamin K: 6.26µg (5.96%), Vitamin E: 0.89mg (5.95%), Vitamin A: 288.5IU (5.77%), Vitamin B2: 0.02mg (1.03%)