



## Caramel Frosting I

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



140 kcal

FROSTING

ICING

### Ingredients

- 0.5 cup brown sugar packed
- 2 tablespoons butter
- 1 cup powdered sugar
- 3 tablespoons milk
- 0.5 teaspoon vanilla extract

### Equipment

- sauce pan

## Directions

- In a saucepan over medium heat, melt the butter, and mix in 3 tablespoons milk and brown sugar. Boil vigorously for 1 minute.
- Remove from heat, and beat in 1/2 cup confectioners' sugar. Cool slightly, and beat in the vanilla and remaining 1/2 cup confectioners' sugar.
- Add more milk if the mixture is too thick.

## Nutrition Facts

 PROTEIN **0.65%**  FAT **18.98%**  CARBS **80.37%**

## Properties

Glycemic Index:11, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.52130434192393%

## Nutrients (% of daily need)

Calories: 139.79kcal (6.99%), Fat: 3.02g (4.64%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 28.76g (10.46%), Sugar: 28.31g (31.46%), Cholesterol: 8.2mg (2.73%), Sodium: 28.82mg (1.25%), Alcohol: 0.09g (100%), Alcohol %: 0.29% (100%), Protein: 0.23g (0.46%), Calcium: 19.35mg (1.93%), Vitamin A: 96.58IU (1.93%)