



Colorful Frosting

READY IN



10 min.

SERVINGS



18

CALORIES



148 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter softened
- 2 Tbsp kool-aid orange flavor sugar-sweetened drink mix
- 0.3 cup milk
- 1 lb powdered sugar

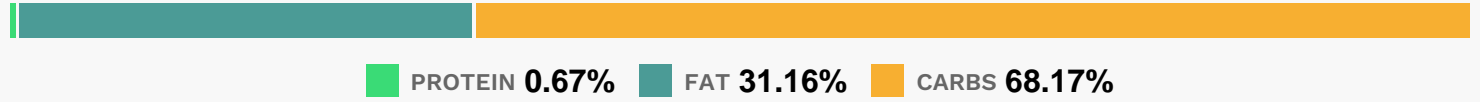
Equipment

- bowl
- blender

Directions

- Add milk to drink mix in large bowl; stir until dissolved.
- Add remaining ingredients; beat with mixer on low speed until blended.

Nutrition Facts



Properties

Glycemic Index:2.11, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.52695652583371%

Nutrients (% of daily need)

Calories: 148.01kcal (7.4%), Fat: 5.24g (8.07%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 25.8g (9.38%), Sugar: 25.1g (27.89%), Cholesterol: 0.55mg (0.18%), Sodium: 63.73mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.51%), Vitamin A: 232.41IU (4.65%), Vitamin E: 0.2mg (1.33%), Vitamin B2: 0.02mg (1.02%)