



Cooked Buttercream Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



255 kcal

FROSTING

ICING

Ingredients

- ☐ 1 cup milk fat-free
- ☐ 7 tablespoons flour all-purpose
- ☐ 12 tablespoons butter light chilled
- ☐ 2.5 cups powdered sugar
- ☐ 1 teaspoon vanilla extract

Equipment

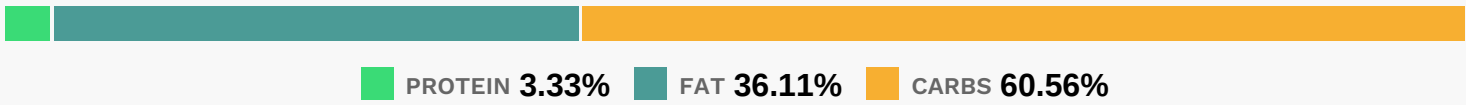
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ blender

Directions

- ☐ Cook milk and flour in a small heavy saucepan over medium heat 2 1/2 minutes or until very thick, stirring constantly with a whisk. Spoon into a bowl; cover and chill thoroughly.
- ☐ Beat butter and chilled flour mixture at medium speed of a mixer until smooth. Gradually add sugar, and beat just until blended (do not overbeat). Stir in vanilla; cover and chill.

Nutrition Facts



Properties

Glycemic Index:12.03, Glycemic Load:3.66, Inflammation Score:-2, Nutrition Score:2.4582608342171%

Nutrients (% of daily need)

Calories: 254.58kcal (12.73%), Fat: 10.36g (15.95%), Saturated Fat: 6.43g (40.18%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 38.95g (14.16%), Sugar: 34.05g (37.83%), Cholesterol: 20.6mg (6.87%), Sodium: 18.7mg (0.81%), Alcohol: 0.15g (100%), Alcohol %: 0.23% (100%), Protein: 2.15g (4.31%), Vitamin A: 372.49IU (7.45%), Vitamin B2: 0.08mg (4.96%), Calcium: 46.15mg (4.62%), Vitamin B1: 0.06mg (4.2%), Phosphorus: 41.8mg (4.18%), Selenium: 2.91µg (4.16%), Vitamin D: 0.49µg (3.24%), Vitamin B12: 0.18µg (3.04%), Folate: 11.41µg (2.85%), Iron: 0.49mg (2.75%), Manganese: 0.04mg (2.15%), Vitamin E: 0.3mg (1.99%), Vitamin B3: 0.38mg (1.91%), Potassium: 66.28mg (1.89%), Zinc: 0.22mg (1.44%), Magnesium: 5.54mg (1.38%), Vitamin B5: 0.12mg (1.23%), Vitamin B6: 0.02mg (1.02%)