



Cookie Frosting



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



66

CALORIES



45 kcal

DESSERT

Ingredients

- ☐ 16 ounce powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water

Equipment

- ☐ mixing bowl
- ☐ hand mixer

Directions

- ☐ Combine shortening, salt, and desired flavoring in a medium mixing bowl; beat at medium speed of an electric mixer until well blended.
- ☐ Add water alternately with powdered sugar, beating constantly at low speed until smooth. Beat an additional 8 minutes at medium speed.
- ☐ Color portions of frosting with paste food coloring, if desired.
- ☐ Note: Frosting may be stored at room temperature or in refrigerator for several days.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.10130434653357%

Nutrients (% of daily need)

Calories: 45.13kcal (2.26%), Fat: 2.07g (3.19%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.86g (2.5%), Sugar: 6.73g (7.47%), Cholesterol: 0mg (0%), Sodium: 9.09mg (0.4%), Alcohol: 0.01g (100%), Alcohol %: 0.13% (100%), Protein: 0g (0%), Vitamin K: 1.1µg (1.05%)