



Creamy Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1760 kcal

FROSTING

ICING

Ingredients

- 1 cup butter softened
- 0.3 cup milk
- 32 ounce powdered sugar
- 1 cup shortening
- 2 teaspoons vanilla extract

Equipment

- hand mixer

Directions

- ☐ Beat butter and shortening at medium speed with an electric mixer until creamy; gradually add powdered sugar alternately with milk, and beat until smooth. Stir in vanilla.

Nutrition Facts

PROTEIN 0.26% **FAT 49.07%** **CARBS 50.67%**

Properties

Glycemic Index:22, Glycemic Load:0.38, Inflammation Score:-5, Nutrition Score:5.3900000180887%

Nutrients (% of daily need)

Calories: 1760.14kcal (88.01%), Fat: 97.93g (150.66%), Saturated Fat: 42.36g (264.75%), Carbohydrates: 227.58g (75.86%), Net Carbohydrates: 227.58g (82.76%), Sugar: 223.07g (247.86%), Cholesterol: 124.45mg (41.48%), Sodium: 379.4mg (16.5%), Alcohol: 0.69g (100%), Alcohol %: 0.24% (100%), Protein: 1.15g (2.3%), Vitamin K: 31.3µg (29.81%), Vitamin E: 4.47mg (29.79%), Vitamin A: 1451.12IU (29.02%), Vitamin B2: 0.09mg (5.43%), Vitamin B5: 0.49mg (4.87%), Calcium: 41.63mg (4.16%), Vitamin B12: 0.21µg (3.44%), Phosphorus: 34.28mg (3.43%), Selenium: 2.31µg (3.31%), Vitamin B1: 0.02mg (1.65%), Vitamin D: 0.22µg (1.49%), Potassium: 51.62mg (1.47%), Zinc: 0.16mg (1.06%), Iron: 0.19mg (1.03%)