

Creamy Frosting



Vegetarian



Popular

READY IN



45 min.

SERVINGS



3

CALORIES



870 kcal

FROSTING

ICING

Ingredients

- ☐ 1 cup butter softened
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan

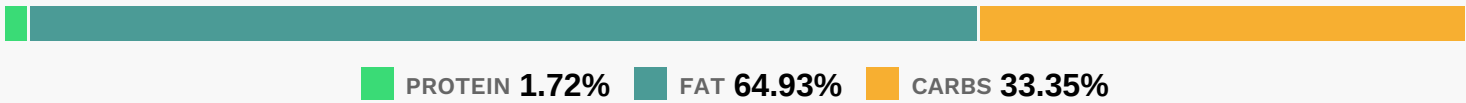
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whisk

Directions

- ☐ Whisk milk into flour in small saucepan until smooth.
- ☐ Heat and stir until it boils and thickens. Cool thoroughly.
- ☐ Cream butter, sugar and vanilla in bowl until light and fluffy.
- ☐ Add thickened milk. Beat until mixture resembles whipped cream. Makes enough to fill and frost 2 layer cake, about 3 1/2 cups.

Nutrition Facts



Properties

Glycemic Index:77.7, Glycemic Load:50.77, Inflammation Score:-7, Nutrition Score:6.319130477698%

Nutrients (% of daily need)

Calories: 870.04kcal (43.5%), Fat: 64.23g (98.82%), Saturated Fat: 40.41g (252.58%), Carbohydrates: 74.23g (24.74%), Net Carbohydrates: 74.09g (26.94%), Sugar: 70.67g (78.53%), Cholesterol: 172.44mg (57.48%), Sodium: 518.33mg (22.54%), Alcohol: 0.46g (100%), Alcohol %: 0.25% (100%), Protein: 3.83g (7.66%), Vitamin A: 2022.67IU (40.45%), Vitamin E: 1.8mg (11.99%), Calcium: 119.76mg (11.98%), Phosphorus: 105.79mg (10.58%), Vitamin B2: 0.18mg (10.39%), Vitamin B12: 0.57µg (9.46%), Selenium: 4.4µg (6.28%), Vitamin D: 0.89µg (5.96%), Vitamin B1: 0.09mg (5.92%), Vitamin K: 5.56µg (5.29%), Potassium: 148.82mg (4.25%), Vitamin B5: 0.41mg (4.09%), Magnesium: 12.53mg (3.13%), Zinc: 0.44mg (2.96%), Folate: 11.42µg (2.86%), Vitamin B6: 0.05mg (2.72%), Manganese: 0.04mg (2.15%), Vitamin B3: 0.42mg (2.09%), Iron: 0.28mg (1.57%)