



## Creamy Whipped Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



165 kcal

FROSTING

ICING

### Ingredients

- 0.5 cup butter softened
- 0.7 cup evaporated milk cold
- 0.5 cup shortening
- 1 teaspoon vanilla extract
- 0.7 cup granulated sugar white

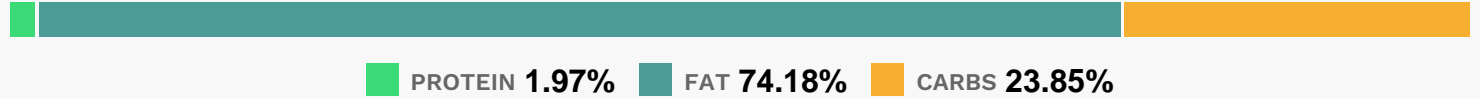
### Equipment

- bowl
- blender

## Directions

- In a large bowl, cream butter, shortening, sugar and vanilla for 8 to 10 minutes. With mixer on high, add cold evaporated milk 1 tablespoon at a time.
- Frost cake as desired and keep refrigerated.

## Nutrition Facts



## Properties

Glycemic Index:8.01, Glycemic Load:6.21, Inflammation Score:-1, Nutrition Score:1.1726087004594%

## Nutrients (% of daily need)

Calories: 164.77kcal (8.24%), Fat: 13.85g (21.3%), Saturated Fat: 6.11g (38.2%), Carbohydrates: 10.02g (3.34%), Net Carbohydrates: 10.02g (3.64%), Sugar: 10.03g (11.15%), Cholesterol: 19.52mg (6.51%), Sodium: 60.91mg (2.65%), Alcohol: 0.09g (100%), Alcohol %: 0.33% (100%), Protein: 0.83g (1.65%), Vitamin A: 215.86IU (4.32%), Vitamin E: 0.61mg (4.08%), Vitamin K: 4.23µg (4.03%), Calcium: 31.23mg (3.12%), Phosphorus: 24.57mg (2.46%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.13mg (1.26%), Potassium: 36.32mg (1.04%)