



Dairy-Free Nog Icing



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



559 kcal

FROSTING

ICING

Ingredients

- ☐ 1 tablespoon dairy-free margarine (see post above for options)
- ☐ 4 teaspoons dairy-free nog (I use So Delicious Dairy Free Nog)
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 1 cup powdered confectioner's sugar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

☐ microwave

Directions

- ☐ Sift the sugar and nutmeg into a medium-sized bowl.
- ☐ Heat 4 teaspoons of the Nog with the margarine, in a saucepan or in the microwave (about 30 seconds) until melted and warm.
- ☐ Whisk the Nog-margarine mixture into the powdered sugar until smooth. It should be a little thick but drizzly. If needed, whisk in up to 2 teaspoons more of the Nog (warmed), to get the right consistency.
- ☐ Drizzle over your baked good or dip the top of the baked good in the icing and set right side up to set. The icing will set / harden as it cools.

Nutrition Facts



Properties

Glycemic Index:103.42, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:3.0495652284311%

Nutrients (% of daily need)

Calories: 558.73kcal (27.94%), Fat: 9.54g (14.67%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 120.59g (40.2%), Net Carbohydrates: 120.46g (43.8%), Sugar: 117.94g (131.04%), Cholesterol: 0mg (0%), Sodium: 102.88mg (4.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin E: 3.21mg (21.41%), Vitamin A: 613.52IU (12.27%), Vitamin K: 7.77µg (7.4%), Vitamin B2: 0.06mg (3.69%), Vitamin B12: 0.22µg (3.6%), Vitamin B3: 0.66mg (3.31%), Calcium: 29.66mg (2.97%), Vitamin B6: 0.05mg (2.35%), Copper: 0.04mg (1.78%), Vitamin C: 1.45mg (1.75%), Selenium: 1.18µg (1.69%), Folate: 6.59µg (1.65%), Vitamin D: 0.24µg (1.6%), Potassium: 35.4mg (1.01%)