

# Decorator Frosting I

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**3**

CALORIES



**1244 kcal**

FROSTING

ICING

## Ingredients

- 1.5 teaspoons almond extract
- 4 cups powdered sugar
- 4 tablespoons milk
- 1 cup shortening

## Equipment

- mixing bowl
- hand mixer

## Directions

- Combine all ingredients in a mixing bowl. Beat on low speed of electric mixer until well blended and very smooth.

## Nutrition Facts

**PROTEIN 0.21%** **FAT 49%** **CARBS 50.79%**

## Properties

Glycemic Index:12.67, Glycemic Load:0.35, Inflammation Score:1, Nutrition Score:3.8717391322488%

## Nutrients (% of daily need)

Calories: 1244.23kcal (62.21%), Fat: 68.97g (106.11%), Saturated Fat: 17.46g (109.1%), Carbohydrates: 160.87g (53.62%), Net Carbohydrates: 160.87g (58.5%), Sugar: 157.7g (175.22%), Cholesterol: 2.4mg (0.8%), Sodium: 13.71mg (0.6%), Alcohol: 0.69g (100%), Alcohol %: 0.35% (100%), Protein: 0.66g (1.31%), Vitamin K: 36.41µg (34.68%), Vitamin E: 4.2mg (27.99%), Vitamin B5: 0.54mg (5.4%), Vitamin B2: 0.06mg (3.52%), Calcium: 27.1mg (2.71%), Phosphorus: 20.32mg (2.03%), Selenium: 1.34µg (1.91%), Vitamin B12: 0.11µg (1.8%), Vitamin B1: 0.03mg (1.67%), Vitamin D: 0.22µg (1.47%), Potassium: 36.16mg (1.03%)