



Divinity Frosting

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1023 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 cup plus light
- ☐ 7.2 ounce fluffy frosting mix white home-style
- ☐ 1.5 cups pecans toasted chopped
- ☐ 16 ounce powdered sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.5 cup water boiling

Equipment

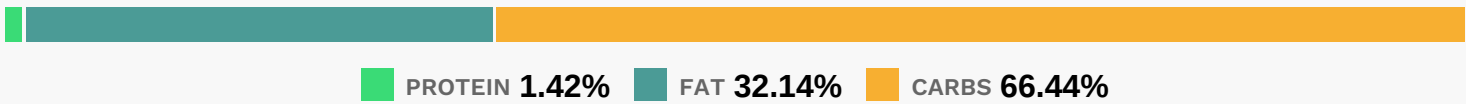
- ☐ mixing bowl

☐ hand mixer

Directions

- ☐ Place first 4 ingredients in a 4-quart mixing bowl. Beat at low speed with a heavy-duty electric mixer 1 minute or until mixture is blended. Beat mixture at high speed 3 to 5 minutes or until stiff peaks form. Gradually add powdered sugar, beating at low speed until blended. Stir in toasted pecans.
- ☐ Spread Divinity Frosting immediately on cake.
- ☐ Note: For testing purposes only, we used Betty Crocker Home Style Fluffy White Frosting
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:19.22, Inflammation Score:-2, Nutrition Score:11.137826019007%

Flavonoids

Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg, Cyanidin: 4.39mg Delphinidin: 2.98mg, Delphinidin: 2.98mg, Delphinidin: 2.98mg, Delphinidin: 2.98mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epigallocatechin: 2.3mg, Epigallocatechin: 2.3mg, Epigallocatechin: 2.3mg, Epigallocatechin: 2.3mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg, Epigallocatechin 3-gallate: 0.94mg

Nutrients (% of daily need)

Calories: 1023.05kcal (51.15%), Fat: 37.75g (58.08%), Saturated Fat: 4.04g (25.26%), Carbohydrates: 175.58g (58.53%), Net Carbohydrates: 171.65g (62.42%), Sugar: 166.8g (185.34%), Cholesterol: 0mg (0%), Sodium: 115.44mg (5.02%), Alcohol: 0.69g (100%), Alcohol %: 0.33% (100%), Protein: 3.75g (7.5%), Manganese: 1.85mg (92.43%), Copper: 0.5mg (25.23%), Vitamin B1: 0.29mg (19.46%), Fiber: 3.92g (15.7%), Vitamin B2: 0.23mg (13.57%), Zinc: 2.03mg (13.53%), Magnesium: 50.79mg (12.7%), Phosphorus: 122.53mg (12.25%), Vitamin E: 1.35mg (9.02%), Vitamin K: 8.06µg (7.68%), Iron: 1.19mg (6.59%), Potassium: 190.45mg (5.44%), Vitamin B6: 0.09mg (4.32%), Vitamin B5: 0.38mg (3.82%), Calcium: 36.08mg (3.61%), Selenium: 2.48µg (3.55%), Folate: 13.07µg (3.27%), Vitamin B3: 0.6mg (3%)