



Easy Icing



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



199 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 cup just whites (powdered egg whites)
- ☐ 10 servings gel food colors
- ☐ 1 pound powdered sugar ()
- ☐ 0.3 cup water

Equipment

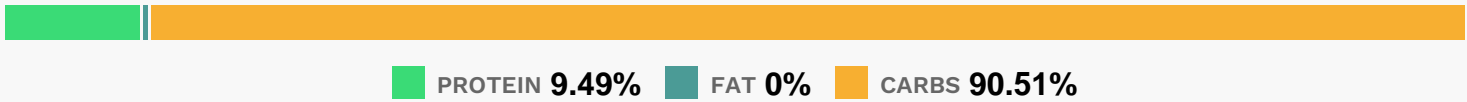
- ☐ bowl
- ☐ blender
- ☐ ziploc bags

☐ pastry bag

Directions

- ☐ Beat powdered sugar and Just Whites in a large bowl with mixer on low speed until combined.
- ☐ Add 1/3 cup water; beat until blended. Increase speed to high; continue to beat 8 minutes or until icing is very thick. Icing can be tinted with paste or gel food colors, as desired. Pipe onto cookies, or thin with a bit more water for spreading.
- ☐ To pipe icing: Use a pastry bag fitted with a plain tip, or fill a zip-top plastic bag with icing and snip off 1 of the corners. Pipe icing along the edges of the cookies or in a pattern you like. Immediately sprinkle with decorating sugar or edible glitter, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:1.1678261087964%

Nutrients (% of daily need)

Calories: 199.04kcal (9.95%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 45.73g (15.24%), Net Carbohydrates: 45.73g (16.63%), Sugar: 44.68g (49.65%), Cholesterol: 0mg (0%), Sodium: 77.01mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.59%), Selenium: 7.67µg (10.96%), Vitamin B2: 0.16mg (9.31%), Potassium: 67.45mg (1.93%), Magnesium: 5.28mg (1.32%)