

## Eggnog Frosting

 Vegetarian  Gluten Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



252 kcal

BEVERAGE

DRINK

### Ingredients

- 1 pinch ground cinnamon
- 0.3 teaspoon nutmeg freshly grated
- 1.5 cups powdered sugar
- 1 pinch salt fine
- 8 tablespoons butter unsalted at room temperature (1 stick)
- 0.5 teaspoon vanilla extract

### Equipment

- bowl

stand mixer

spatula

## Directions

- Place the butter in the bowl of a stand mixer fitted with a paddle attachment and beat on medium speed until light and fluffy, about 2 minutes. Stop the mixer and scrape down the beater and sides of the bowl with a rubber spatula. Turn the mixer to medium low, gradually add the powdered sugar, and beat until combined, about 2 minutes.
- Add the remaining ingredients and beat until the frosting is very airy and thoroughly mixed, about 2 minutes. Use immediately to frost cookies or cupcakes, or store covered in the refrigerator until ready to use.

## Nutrition Facts

 **PROTEIN 0.26%**  **FAT 53.04%**  **CARBS 46.7%**

## Properties

Glycemic Index:12.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:0.88260869471275%

## Nutrients (% of daily need)

Calories: 252.02kcal (12.6%), Fat: 15.17g (23.34%), Saturated Fat: 9.61g (60.07%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 30.03g (10.92%), Sugar: 29.42g (32.69%), Cholesterol: 40.13mg (13.38%), Sodium: 9.16mg (0.4%), Alcohol: 0.11g (100%), Alcohol %: 0.3% (100%), Protein: 0.17g (0.33%), Vitamin A: 466.66IU (9.33%), Vitamin E: 0.43mg (2.89%), Vitamin D: 0.28µg (1.87%), Vitamin K: 1.32µg (1.25%)