

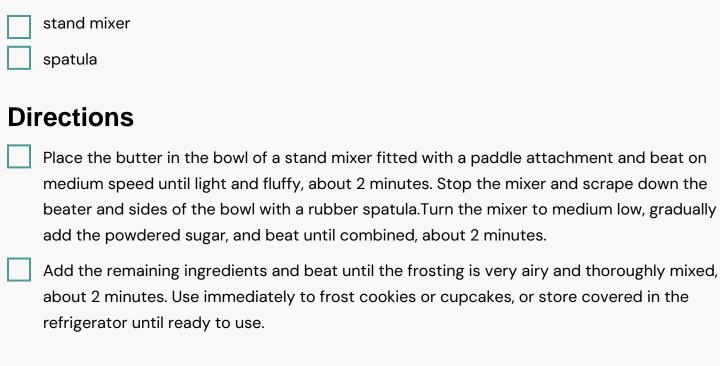


Ingredients

- 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





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%)