



## Fluffy Buttercream Frosting



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

FROSTING

ICING

### Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 2 cups confectioners' sugar
- ☐ 1 egg white
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 tablespoon water

### Equipment

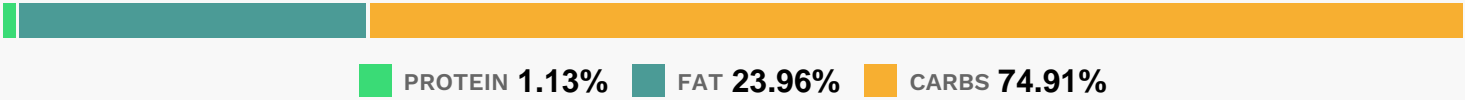
- ☐ bowl

# Directions

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Combine all ingredients in bowl. Beat at low speed to mix. Beat at high speed until smooth and fluffy, approximately 5–10 minutes. If too stiff, beat in a few drops of water.

# Nutrition Facts



# Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.48260869676976%

# Nutrients (% of daily need)

Calories: 209.35kcal (10.47%), Fat: 5.69g (8.75%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 40g (14.55%), Sugar: 39.2g (43.56%), Cholesterol: 15.05mg (5.02%), Sodium: 54.2mg (2.36%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Protein: 0.6g (1.21%), Vitamin A: 174.93IU (3.5%), Vitamin B2: 0.03mg (1.9%), Selenium: 1.31µg (1.87%), Vitamin E: 0.16mg (1.08%)