



Fluffy Creamy Frosting



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



423 kcal

FROSTING

ICING

Ingredients

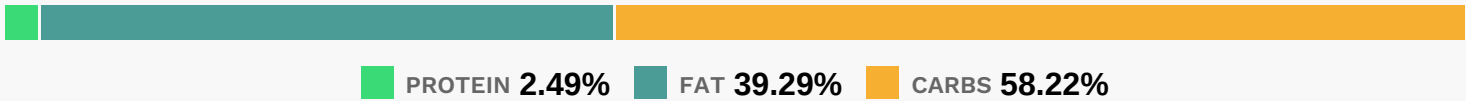
- ☐ 4 cups confectioners' sugar
- ☐ 1 egg white
- ☐ 4 tablespoons milk powder dry
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shortening
- ☐ 3 ounce chocolate unsweetened melted
- ☐ 1.5 teaspoons vanilla extract
- ☐ 4 tablespoons water

Equipment

Directions

- ☐ Cream together shortening and half of the confectioners' sugar.
- ☐ Mix together powdered milk and water.
- ☐ Add to the creamed mixture along with the rest of the confectioners' sugar.
- ☐ Mix well.
- ☐ Stir in the unsweetened chocolate, salt, vanilla and unbeaten egg white.
- ☐ Mix well and beat until fluffy.
- ☐ Spread on cooled cake.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:0.65, Inflammation Score:-2, Nutrition Score:5.4595651652502%

Flavonoids

Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg, Epicatechin: 15.08mg

Nutrients (% of daily need)

Calories: 422.63kcal (21.13%), Fat: 19.38g (29.82%), Saturated Fat: 7.27g (45.43%), Carbohydrates: 64.61g (21.54%), Net Carbohydrates: 62.85g (22.85%), Sugar: 60.34g (67.04%), Cholesterol: 3.64mg (1.21%), Sodium: 97.52mg (4.24%), Alcohol: 0.26g (100%), Alcohol %: 0.33% (100%), Caffeine: 8.5mg (2.83%), Protein: 2.77g (5.53%), Manganese: 0.45mg (22.46%), Copper: 0.35mg (17.68%), Iron: 1.92mg (10.65%), Magnesium: 38.53mg (9.63%), Zinc: 1.16mg (7.72%), Vitamin K: 7.93µg (7.55%), Phosphorus: 72.23mg (7.22%), Fiber: 1.76g (7.06%), Vitamin E: 0.85mg (5.66%), Vitamin B2: 0.08mg (4.95%), Calcium: 46.28mg (4.63%), Potassium: 146.55mg (4.19%), Selenium: 2.58µg (3.69%), Vitamin D: 0.39µg (2.63%), Vitamin B12: 0.13µg (2.09%), Vitamin B5: 0.2mg (1.98%), Vitamin B1: 0.03mg (1.94%), Folate: 4.51µg (1.13%)