



Fluffy Wintry-White Icing

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



195 kcal

FROSTING

ICING

Ingredients

- ☐ 1 teaspoon meringue powder
- ☐ 3 Tbsp milk
- ☐ 2 cups powdered sugar
- ☐ 1 teaspoon vanilla extract

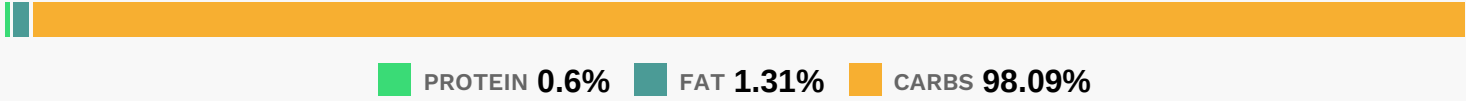
Equipment

- ☐ hand mixer

Directions

☐ Beat all ingredients with an electric mixer until light and fluffy.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.36, Inflammation Score:1, Nutrition Score:0.67434783482357%

Nutrients (% of daily need)

Calories: 194.85kcal (9.74%), Fat: 0.29g (0.44%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 48.65g (16.22%), Net Carbohydrates: 48.65g (17.69%), Sugar: 47.48g (52.75%), Cholesterol: 1.08mg (0.36%), Sodium: 89.25mg (3.88%), Alcohol: 0.28g (100%), Alcohol %: 0.6% (100%), Protein: 0.3g (0.59%), Calcium: 58.65mg (5.86%), Phosphorus: 26.67mg (2.67%), Vitamin B2: 0.02mg (1.31%)