

Freezer Frosting

 **Gluten Free**

READY IN



10 min.

SERVINGS



3

CALORIES



110 kcal

FROSTING

ICING

Ingredients

- 0.3 cup shortening
- 4.5 cups powdered sugar divided
- 1.5 teaspoons vanilla extract
- 0.3 teaspoon salt
- 0.8 cup cup heavy whipping cream

Equipment

- bowl

Directions

- In a bowl, cream shortening, 1 cup of sugar, vanilla and salt.
- Add the remaining sugar alternately with cream. Beat until the frosting reaches desired consistency. Cover and freeze for up to 2 months. Thaw before using.

Nutrition Facts

PROTEIN 0.6% **FAT 35.21%** **CARBS 64.19%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:3.7117391248112%

Nutrients (% of daily need)

Calories: 1109.62kcal (55.48%), Fat: 44.26g (68.09%), Saturated Fat: 19.38g (121.12%), Carbohydrates: 181.58g (60.53%), Net Carbohydrates: 181.58g (66.03%), Sugar: 178.03g (197.81%), Cholesterol: 67.24mg (22.41%), Sodium: 214.55mg (9.33%), Alcohol: 0.69g (100%), Alcohol %: 0.33% (100%), Protein: 1.69g (3.38%), Vitamin A: 874.65IU (17.49%), Vitamin K: 14.02µg (13.35%), Vitamin E: 1.94mg (12.96%), Vitamin B2: 0.15mg (8.7%), Vitamin D: 0.95µg (6.35%), Calcium: 41.64mg (4.16%), Selenium: 2.87µg (4.09%), Phosphorus: 34.63mg (3.46%), Vitamin B5: 0.31mg (3.07%), Potassium: 63.13mg (1.8%), Vitamin B12: 0.1µg (1.59%), Vitamin B1: 0.02mg (1.11%), Magnesium: 4.41mg (1.1%), Zinc: 0.16mg (1.09%), Vitamin B6: 0.02mg (1.08%), Iron: 0.19mg (1.04%), Copper: 0.02mg (1.04%)