



French Apple Pie Icing

 Vegetarian

READY IN



5 min.

SERVINGS



8

CALORIES



144 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.5 cup confectioners' sugar
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon vanilla extract

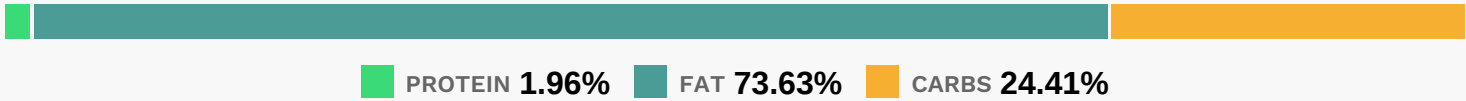
Equipment

- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, cream butter. Blend in flour and sugar. Then mix in milk and vanilla. More milk may be added to enhance spreading consistency of icing.
- ☐ Spread icing onto cooled apple pie.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:0.79, Inflammation Score:-2, Nutrition Score:1.1778260932668%

Nutrients (% of daily need)

Calories: 144.18kcal (7.21%), Fat: 12g (18.47%), Saturated Fat: 7.58g (47.36%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.93g (3.25%), Sugar: 8.11g (9.01%), Cholesterol: 32.33mg (10.78%), Sodium: 97.21mg (4.23%), Alcohol: 0.09g (100%), Alcohol %: 0.29% (100%), Protein: 0.72g (1.44%), Vitamin A: 379.25IU (7.59%), Vitamin E: 0.34mg (2.25%), Calcium: 22.41mg (2.24%), Phosphorus: 19.83mg (1.98%), Vitamin B2: 0.03mg (1.89%), Vitamin B12: 0.11µg (1.77%), Selenium: 0.79µg (1.13%), Vitamin D: 0.17µg (1.12%), Vitamin B1: 0.02mg (1.11%)