



Gingerbread Frosting for Cookies

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



20 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup confectioners' sugar
- ☐ 0.3 teaspoon ginger
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 tablespoon nonfat milk

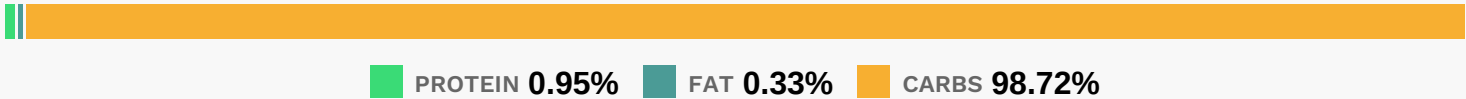
Equipment

- ☐ bowl

Directions

- ☐ Place the confectioners' sugar in a bowl, and stir in the milk until smooth.
- ☐ Mix in the cinnamon, cloves, and ginger until thoroughly blended.
- ☐ Spread on cookies of your choice.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:0.02, Inflammation Score:0, Nutrition Score:0.16739130408868%

Nutrients (% of daily need)

Calories: 20.23kcal (1.01%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.02%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 5.09g (1.85%), Sugar: 4.96g (5.51%), Cholesterol: 0.04mg (0.01%), Sodium: 0.74mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.05g (0.1%), Manganese: 0.04mg (2%)