



Golden Orange Frosting



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

FROSTING

ICING

Ingredients

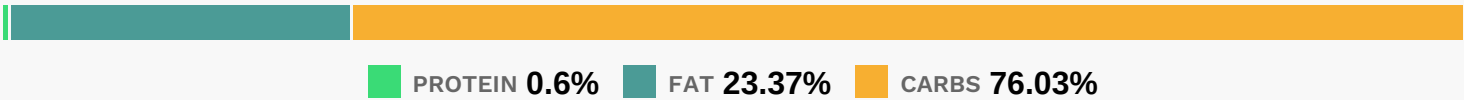
- ☐ 0.3 cup butter softened
- ☐ 4 cups confectioners' sugar
- ☐ 1 egg yolk
- ☐ 2 teaspoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 1 tablespoon orange juice
- ☐ 1.5 tablespoons orange zest
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Cream together butter, orange rind, lemon rind, and salt.
- ☐ Add egg yolk and mix well.
- ☐ Add confectioners sugar, alternately with orange juice and lemon juice, beating well after each addition. Makes 2 cups frosting, or enough to cover tops and sides of two 9 inch layers.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.1556521608778%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 310.9kcal (15.55%), Fat: 8.28g (12.73%), Saturated Fat: 5.08g (31.74%), Carbohydrates: 60.6g (20.2%), Net Carbohydrates: 60.44g (21.98%), Sugar: 58.92g (65.47%), Cholesterol: 44.64mg (14.88%), Sodium: 135.85mg (5.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin A: 277.98IU (5.56%), Vitamin C: 3.4mg (4.12%), Selenium: 1.73µg (2.47%), Vitamin E: 0.28mg (1.89%), Vitamin B2: 0.03mg (1.68%), Folate: 4.83µg (1.21%), Phosphorus: 11.77mg (1.18%)