



Grapefruit Frosting



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



441 kcal

FROSTING

ICING

Ingredients

- ☐ 1 tablespoon plus light
- ☐ 2 egg whites
- ☐ 0.3 cup grapefruit juice freshly squeezed
- ☐ 1 tablespoon grapefruit rind grated
- ☐ 0.1 teaspoon salt
- ☐ 1.5 cups sugar

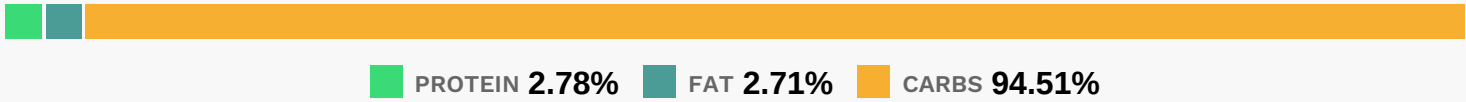
Equipment

- ☐ double boiler

Directions

- ☐ Combine first 5 ingredients in top of a double boiler. Beat at low speed 30 seconds or just until blended.
- ☐ Place over boiling water; beat at high speed 7 minutes or until stiff peaks form.
- ☐ Remove from heat.
- ☐ Add grapefruit rind; beat 1 to 2 minutes or until frosting is thick enough to spread.
- ☐ Spread immediately on cooled cake.

Nutrition Facts



Properties

Glycemic Index:45.7, Glycemic Load:72.27, Inflammation Score:1, Nutrition Score:1.7413043391931%

Nutrients (% of daily need)

Calories: 440.73kcal (22.04%), Fat: 1.38g (2.12%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 108.29g (36.1%), Net Carbohydrates: 108.26g (39.37%), Sugar: 108.46g (120.51%), Cholesterol: 3.5mg (1.17%), Sodium: 139.47mg (6.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Vitamin C: 7.05mg (8.55%), Selenium: 5.39µg (7.7%), Vitamin B2: 0.11mg (6.71%), Potassium: 90.48mg (2.59%), Vitamin B12: 0.12µg (2.06%), Zinc: 0.28mg (1.87%), Vitamin B3: 0.31mg (1.54%), Iron: 0.27mg (1.49%), Magnesium: 5.74mg (1.43%), Phosphorus: 13.67mg (1.37%)