



## Grocery Store Frosting

 **Gluten Free**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**8**

CALORIES



**776 kcal**

FROSTING

ICING

### Ingredients

- 0.5 cup butter
- 2 pounds powdered sugar
- 0.1 teaspoon salt
- 1 cup shortening
- 1.5 tablespoons vanilla extract
- 4 tablespoons water

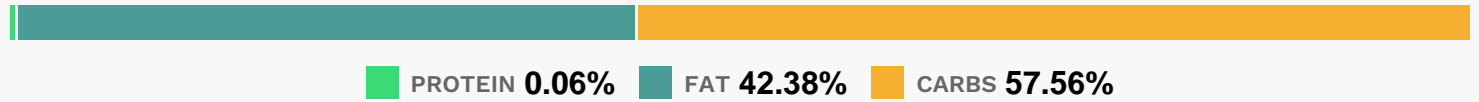
### Equipment

- blender

## Directions

- In a heavy duty mixer combine the shortening, butter or margarine, vanilla and water.
- Add the sugar and salt, beat until well mixed.
- Add a tablespoon or two more of water if needed. Turn mixer to the highest speed and beat for 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8521739351361%

## Nutrients (% of daily need)

Calories: 776.39kcal (38.82%), Fat: 37.13g (57.13%), Saturated Fat: 13.7g (85.62%), Carbohydrates: 113.49g (37.83%), Net Carbohydrates: 113.49g (41.27%), Sugar: 111.22g (123.58%), Cholesterol: 30.5mg (10.17%), Sodium: 131.45mg (5.72%), Alcohol: 0.84g (100%), Alcohol %: 0.65% (100%), Protein: 0.12g (0.24%), Vitamin K: 14.63µg (13.93%), Vitamin E: 1.9mg (12.67%), Vitamin A: 354.55IU (7.09%), Vitamin B5: 0.19mg (1.91%), Vitamin B2: 0.03mg (1.69%), Selenium: 0.82µg (1.17%)