



## Healthier Sugar Cookie Frosting

 Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



939 kcal

DESSERT

### Ingredients

- 4 cups confectioners' sugar
- 5 tablespoons milk 1% low-fat ()
- 0.5 cup natural
- 1 teaspoon vanilla extract

### Equipment

- bowl
- hand mixer

## Directions

- ☐ Beat confectioners' sugar and shortening together in a large bowl until smooth. Gradually mix in milk and vanilla extract with an electric mixer, until smooth and stiff, about 5 minutes. Color with food coloring.

## Nutrition Facts

 **PROTEIN 0.35%**  **FAT 32.34%**  **CARBS 67.31%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:2.569565202231%

## Nutrients (% of daily need)

Calories: 939.02kcal (46.95%), Fat: 34.4g (52.93%), Saturated Fat: 8.68g (54.27%), Carbohydrates: 161.15g (53.72%), Net Carbohydrates: 161.15g (58.6%), Sugar: 157.89g (175.43%), Cholesterol: 1.25mg (0.42%), Sodium: 14.44mg (0.63%), Alcohol: 0.46g (100%), Alcohol %: 0.26% (100%), Protein: 0.85g (1.69%), Vitamin K: 18.2µg (17.33%), Vitamin E: 2.1mg (14%), Vitamin B2: 0.07mg (3.92%), Calcium: 33.59mg (3.36%), Vitamin B5: 0.32mg (3.23%), Phosphorus: 25.83mg (2.58%), Vitamin B12: 0.15µg (2.54%), Selenium: 1.49µg (2.12%), Vitamin D: 0.28µg (1.83%), Vitamin B1: 0.02mg (1.42%), Potassium: 44.92mg (1.28%)