



Hester's Red Velvet Cake Icing

READY IN



45 min.

SERVINGS



12

CALORIES



238 kcal

DESSERT

Ingredients

- 0.3 cup flour
- 1 cup milk
- 1 teaspoon vanilla extract
- 1 cup shortening crisco® (such as)
- 1 cup granulated sugar white

Equipment

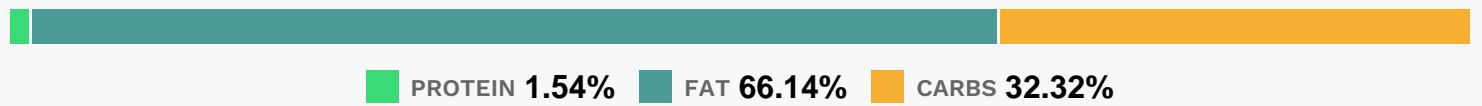
- double boiler
- hand mixer

spatula

Directions

- Cook the milk and flour in the top of a double boiler over just-barely simmering water, stirring frequently and scraping down the sides with a rubber spatula until thickened, about 5 minutes.
- Place the mixture in the refrigerator until chilled.
- Combine the vegetable shortening, sugar, and vanilla extract with an electric mixer until well blended. Beat the chilled milk mixture into the shortening mixture until fluffy.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:13.43, Inflammation Score:-1, Nutrition Score:1.7895652185316%

Nutrients (% of daily need)

Calories: 237.82kcal (11.89%), Fat: 17.81g (27.4%), Saturated Fat: 4.65g (29.08%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 19.51g (7.09%), Sugar: 17.66g (19.62%), Cholesterol: 2.44mg (0.81%), Sodium: 8.66mg (0.38%), Alcohol: 0.11g (100%), Alcohol %: 0.25% (100%), Protein: 0.94g (1.87%), Vitamin K: 9.16µg (8.72%), Vitamin E: 1.06mg (7.06%), Vitamin B2: 0.04mg (2.61%), Calcium: 25.77mg (2.58%), Vitamin B1: 0.04mg (2.35%), Phosphorus: 23.37mg (2.34%), Vitamin B5: 0.2mg (2.04%), Selenium: 1.37µg (1.96%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%), Folate: 4.77µg (1.19%)