

Irish Flag Frosting



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

FROSTING

ICING

Ingredients

- ☐ 1 cup confectioners' sugar sifted
- ☐ 2 drops food coloring green
- ☐ 2 drops orange food coloring
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon water

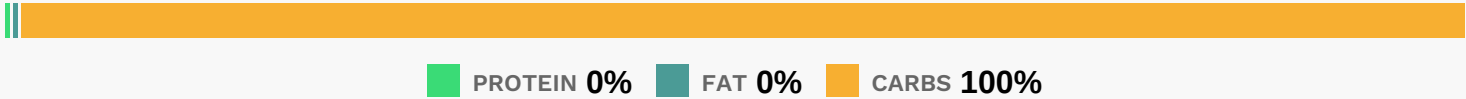
Equipment

- ☐ bowl

Directions

- ☐ Blend confectioners' sugar, salt and vanilla.
- ☐ Add just enough water to make frosting easy to spread.
- ☐ Divide frosting into 2 small bowls.
- ☐ Add 2 drops of orange food coloring to one bowl and 2 drops of green food coloring to the other bowl.
- ☐ Mix each until the colors are even.
- ☐ Frost 1 inch of the left side of each Irish Flag Cookie with the green frosting and 1 inch of the right side of the cookies with the orange frosting, leaving the middle inch unfrosted.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.052608695529077%

Nutrients (% of daily need)

Calories: 118.14kcal (5.91%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 30g (10%), Net Carbohydrates: 30g (10.91%), Sugar: 29.4g (32.67%), Cholesterol: 0mg (0%), Sodium: 146.18mg (6.36%), Alcohol: 0.17g (100%), Alcohol %: 0.63% (100%), Protein: 0g (0%)