

## Jo Ann's Frosting

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



429 kcal

FROSTING

ICING

### Ingredients

- 0.5 teaspoon almond extract
- 1.5 cups powdered sugar
- 0.3 cup milk
- 1 cup shortening
- 1.5 teaspoons vanilla extract

### Equipment

- bowl
- hand mixer

## Directions

- In a large bowl, beat shortening and sugar together until smooth. slowly mix in milk, vanilla and almond extract. Beat on high speed of an electric mixer for 5 to 7 minutes, scraping often, until mixture is light and fluffy.

## Nutrition Facts

 **PROTEIN 0.31%**  **FAT 71.51%**  **CARBS 28.18%**

## Properties

Glycemic Index:6.33, Glycemic Load:0.18, Inflammation Score:1, Nutrition Score:1.8795652253472%

## Nutrients (% of daily need)

Calories: 428.67kcal (21.43%), Fat: 34.49g (53.07%), Saturated Fat: 8.73g (54.57%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 30.58g (11.12%), Sugar: 30g (33.33%), Cholesterol: 1.22mg (0.41%), Sodium: 5.95mg (0.26%), Alcohol: 0.46g (100%), Alcohol %: 0.77% (100%), Protein: 0.33g (0.67%), Vitamin K: 18.21µg (17.34%), Vitamin E: 2.1mg (14%), Vitamin B5: 0.27mg (2.71%), Calcium: 13.29mg (1.33%), Vitamin B2: 0.02mg (1.24%), Phosphorus: 10.35mg (1.03%)