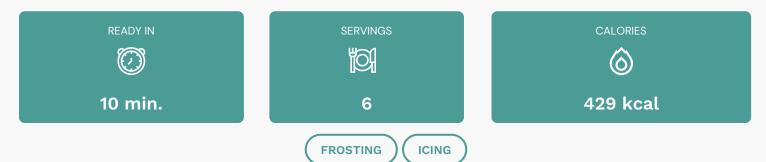




#### Gluten Free



## 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
- \_\_\_\_ h

# 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%)