



Lemon Buttercream Frosting



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



12

CALORIES



163 kcal

FROSTING

ICING

Ingredients

- ☐ 3 cups powdered sugar
- ☐ 0.3 cups butter softened
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon zest grated

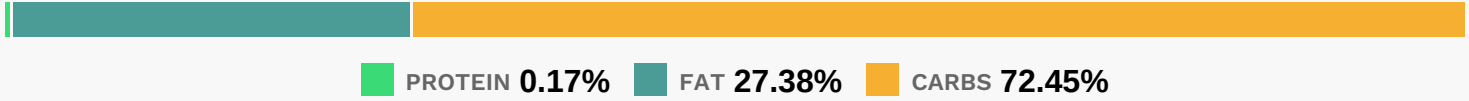
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

☐ Beat butter, lemon peel and lemon juice in medium bowl with electric mixer on medium speed 30 seconds. Gradually beat in powdered sugar. Beat 2 to minutes longer or until light and fluffy.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.45260869371502%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.9kcal (8.15%), Fat: 5.09g (7.82%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 30.27g (10.09%), Net Carbohydrates: 30.25g (11%), Sugar: 29.44g (32.71%), Cholesterol: 0mg (0%), Sodium: 60.1mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Vitamin A: 225.82IU (4.52%), Vitamin C: 1.57mg (1.9%), Vitamin E: 0.2mg (1.34%)