



Lemon-Orange Buttercream Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



523 kcal

FROSTING

ICING

Ingredients

- 1 cup butter softened
- 3 tablespoons juice of lemon fresh
- 1 tablespoon lemon zest
- 1 tablespoon additional orange juice fresh
- 5 tablespoons orange juice fresh
- 3 tablespoons orange zest
- 32 oz powdered sugar

Equipment

hand mixer

Directions

Beat butter, orange zest, and lemon zest at medium speed with an electric mixer 1 to 2 minutes or until creamy; gradually add powdered sugar alternately with lemon juice and 5 Tbsp. fresh orange juice, beating at low speed until blended after each addition.

Add up to 1 Tbsp. additional fresh orange juice, 1 tsp. at a time, until desired consistency is reached.

Nutrition Facts

PROTEIN 0.24% FAT 30.91% CARBS 68.85%

Properties

Glycemic Index:15.4, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:1.8778260661208%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg, Hesperetin: 1.87mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 523.26kcal (26.16%), Fat: 18.45g (28.38%), Saturated Fat: 11.67g (72.95%), Carbohydrates: 92.47g (30.82%), Net Carbohydrates: 92.18g (33.52%), Sugar: 89.73g (99.7%), Cholesterol: 48.81mg (16.27%), Sodium: 148.01mg (6.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.63%), Vitamin C: 10.06mg (12.2%), Vitamin A: 595.8IU (11.92%), Vitamin E: 0.54mg (3.62%), Vitamin B2: 0.03mg (1.81%), Vitamin K: 1.6µg (1.52%), Folate: 5.26µg (1.31%), Fiber: 0.29g (1.15%), Selenium: 0.81µg (1.15%), Calcium: 11.45mg (1.14%), Potassium: 37.07mg (1.06%)