



Maple Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



476 kcal

FROSTING

ICING

Ingredients

- 0.5 teaspoon maple extract
- 1 cup powdered sugar
- 0.5 cup walnut pieces toasted finely chopped
- 2 tablespoons whipping cream

Equipment

Directions

- Stir together first 3 ingredients; gradually add whipping cream until icing reaches aspreadable consistency.

Nutrition Facts



PROTEIN 3.92% **FAT 44.33%** **CARBS 51.75%**

Properties

Glycemic Index:10, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:7.3204348126183%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg

Nutrients (% of daily need)

Calories: 475.7kcal (23.78%), Fat: 24.49g (37.67%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 64.31g (21.44%), Net Carbohydrates: 62.35g (22.67%), Sugar: 59.88g (66.53%), Cholesterol: 16.95mg (5.65%), Sodium: 5.84mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.74%), Manganese: 1mg (50.06%), Copper: 0.47mg (23.55%), Magnesium: 47.26mg (11.82%), Phosphorus: 109.9mg (10.99%), Vitamin B6: 0.16mg (8.12%), Fiber: 1.96g (7.84%), Folate: 29.26µg (7.32%), Vitamin B1: 0.1mg (6.85%), Zinc: 0.95mg (6.31%), Iron: 0.9mg (5.01%), Vitamin B2: 0.08mg (4.91%), Vitamin A: 226.35IU (4.53%), Potassium: 144.44mg (4.13%), Calcium: 39.17mg (3.92%), Selenium: 2.24µg (3.2%), Vitamin E: 0.34mg (2.29%), Vitamin B5: 0.2mg (2.05%), Vitamin B3: 0.34mg (1.69%), Vitamin D: 0.24µg (1.6%), Vitamin K: 1.27µg (1.21%)