



Mom's Buttercream Frosting

READY IN



45 min.

SERVINGS



8

CALORIES



323 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter softened
- 0.3 cup flour all-purpose
- 1 cup milk
- 0.5 cup shortening
- 2 teaspoons vanilla extract
- 0.8 cup sugar white

Equipment

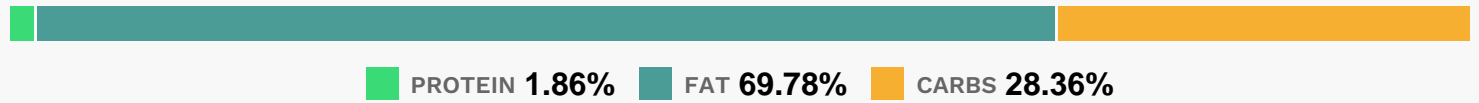
- sauce pan

hand mixer

Directions

- In a small saucepan mix the flour and the milk and cook over low heat until it forms a smooth paste with no lumps.
- Place in refrigerator and let cool completely.
- With an electric mixer beat the shortening, butter or margarine and the sugar until light and fluffy. Beat in the cooled flour paste and mix until smooth. Stir in the vanilla. Use to frost any cooled cake. Makes enough to frost one 9x13 inch sheet cake or two 8 or 9 inch layer cakes.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:15.79, Inflammation Score:-2, Nutrition Score:2.6665217332218%

Nutrients (% of daily need)

Calories: 322.57kcal (16.13%), Fat: 25.39g (39.07%), Saturated Fat: 11.07g (69.18%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 23.11g (8.4%), Sugar: 20.33g (22.58%), Cholesterol: 34.16mg (11.39%), Sodium: 103.68mg (4.51%), Alcohol: 0.34g (100%), Alcohol %: 0.54% (100%), Protein: 1.53g (3.05%), Vitamin A: 403.96IU (8.08%), Vitamin E: 1.13mg (7.55%), Vitamin K: 7.91µg (7.54%), Calcium: 41.93mg (4.19%), Vitamin B2: 0.07mg (4.16%), Phosphorus: 38.49mg (3.85%), Vitamin B1: 0.05mg (3.41%), Vitamin B12: 0.19µg (3.15%), Selenium: 2.16µg (3.08%), Vitamin B5: 0.23mg (2.34%), Vitamin D: 0.34µg (2.24%), Folate: 7.57µg (1.89%), Potassium: 55.19mg (1.58%), Manganese: 0.03mg (1.55%), Vitamin B3: 0.27mg (1.36%), Magnesium: 4.92mg (1.23%), Iron: 0.2mg (1.13%), Zinc: 0.17mg (1.12%), Vitamin B6: 0.02mg (1.06%)