



Ornamental Icing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



1344 kcal

FROSTING

ICING

Ingredients

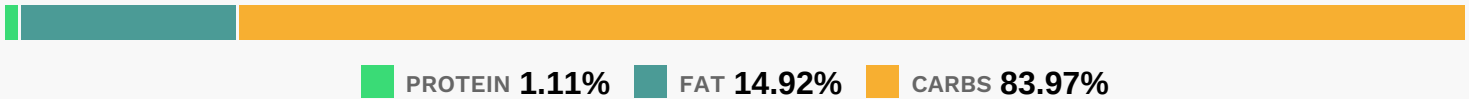
- ☐ 0.5 cup butter
- ☐ 12 cups confectioners' sugar sifted
- ☐ 5 egg whites
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla extract

Equipment

Directions

- ☐ Cream butter or margarine.
- ☐ Add salt and part of the sugar gradually, blending after each addition.
- ☐ Add remaining sugar, alternately with the egg whites first, then with the cream; beat after each addition. Beat after each addition until smooth.
- ☐ Add vanilla, and blend.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.7052173873653%

Nutrients (% of daily need)

Calories: 1343.75kcal (67.19%), Fat: 22.76g (35.01%), Saturated Fat: 14.4g (90.03%), Carbohydrates: 288.2g (96.07%), Net Carbohydrates: 288.2g (104.8%), Sugar: 282.44g (313.82%), Cholesterol: 62.25mg (20.75%), Sodium: 437.43mg (19.02%), Alcohol: 0.55g (100%), Alcohol %: 0.2% (100%), Protein: 3.8g (7.6%), Vitamin A: 742.2IU (14.84%), Vitamin B2: 0.22mg (12.83%), Selenium: 8.31µg (11.88%), Vitamin E: 0.64mg (4.24%), Potassium: 73.83mg (2.11%), Vitamin K: 1.97µg (1.88%), Calcium: 18.6mg (1.86%), Phosphorus: 16.95mg (1.69%), Copper: 0.03mg (1.49%), Vitamin B12: 0.08µg (1.41%), Vitamin D: 0.19µg (1.27%), Iron: 0.22mg (1.21%), Magnesium: 4.78mg (1.2%), Vitamin B5: 0.11mg (1.13%)