



Peppermint Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



879 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter softened
- 0.3 teaspoon peppermint oil
- 0.3 cup milk
- 16 oz powdered sugar


Equipment

- hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add powdered sugar alternately with milk, beginning and ending with powdered sugar. Beat at low speed just until blended after each addition. Stir in peppermint oil.

Nutrition Facts

 **PROTEIN 0.54%**  **FAT 31.86%**  **CARBS 67.6%**

Properties

Glycemic Index:29.33, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:2.5517391640207%

Nutrients (% of daily need)

Calories: 878.64kcal (43.93%), Fat: 31.88g (49.05%), Saturated Fat: 19.98g (124.84%), Carbohydrates: 152.18g (50.73%), Net Carbohydrates: 152.18g (55.34%), Sugar: 149.2g (165.78%), Cholesterol: 84.6mg (28.2%), Sodium: 256.59mg (11.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin A: 989.38IU (19.79%), Vitamin E: 0.95mg (6.33%), Vitamin B2: 0.08mg (4.65%), Calcium: 43.94mg (4.39%), Phosphorus: 36.46mg (3.65%), Vitamin B12: 0.21µg (3.51%), Vitamin K: 2.97µg (2.83%), Selenium: 1.8µg (2.57%), Vitamin D: 0.3µg (1.99%), Potassium: 52.77mg (1.51%), Vitamin B5: 0.14mg (1.43%), Vitamin B1: 0.02mg (1.14%), Zinc: 0.16mg (1.07%)