



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 cooking oil
- ☐ 0.3 cup milk
- ☐ 16 oz powdered sugar

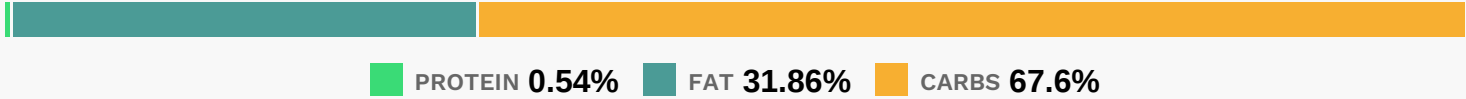
Equipment

- ☐ 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



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%)