



Poor Man's Frosting

 Vegetarian

READY IN



20 min.

SERVINGS



15

CALORIES



152 kcal

FROSTING

ICING

Ingredients

- 0.8 cup butter softened
- 5 tablespoons flour all-purpose
- 1 cup milk
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

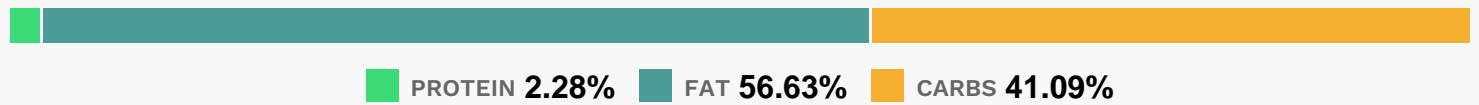
- sauce pan

- whisk
- hand mixer

Directions

- Whisk milk into flour in small saucepan until smooth.
- Heat and stir until it boils and thickens. Cool thoroughly.
- With an electric mixer beat the butter, sugar and salt until light and fluffy. Beat in the cooled flour paste and mix until smooth. Stir in the vanilla. Use to frost any cooled cake.

Nutrition Facts



Properties

Glycemic Index:15.54, Glycemic Load:10.98, Inflammation Score:-2, Nutrition Score:1.3265217348285%

Nutrients (% of daily need)

Calories: 152.34kcal (7.62%), Fat: 9.79g (15.07%), Saturated Fat: 6.14g (38.38%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.92g (5.79%), Sugar: 14.14g (15.71%), Cholesterol: 26.35mg (8.78%), Sodium: 98.75mg (4.29%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Protein: 0.89g (1.78%), Vitamin A: 309.99IU (6.2%), Vitamin B2: 0.04mg (2.44%), Calcium: 23.28mg (2.33%), Phosphorus: 21.87mg (2.19%), Vitamin B1: 0.03mg (1.96%), Selenium: 1.35µg (1.93%), Vitamin E: 0.27mg (1.82%), Vitamin B12: 0.11µg (1.79%), Folate: 4.92µg (1.23%), Vitamin D: 0.18µg (1.19%)