



## Rick's Special Buttercream Frosting

 Gluten Free

READY IN



30 min.

SERVINGS



7

CALORIES



1170 kcal

FROSTING

ICING

### Ingredients

- 8 cups powdered sugar
- 1 cup cup heavy whipping cream
- 0.5 teaspoon salt
- 2 cups shortening
- 2 teaspoons vanilla extract

### Equipment

- mixing bowl

## Directions

- In a mixing bowl, cream shortening until fluffy.
- Add sugar, and continue creaming until well blended.
- Add salt, vanilla, and 6 ounces whipping cream. Blend on low speed until moistened.
- Add additional 2 ounces whipping cream if necessary. Beat at high speed until frosting is fluffy.

## Nutrition Facts

 **PROTEIN 0.32%**  **FAT 53.43%**  **CARBS 46.25%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:4.1530434683613%

## Nutrients (% of daily need)

Calories: 1170.15kcal (58.51%), Fat: 70.85g (108.99%), Saturated Fat: 22.46g (140.39%), Carbohydrates: 137.98g (45.99%), Net Carbohydrates: 137.98g (50.17%), Sugar: 135.26g (150.29%), Cholesterol: 38.42mg (12.81%), Sodium: 180.47mg (7.85%), Alcohol: 0.39g (100%), Alcohol %: 0.22% (100%), Protein: 0.97g (1.93%), Vitamin K: 32.25µg (30.71%), Vitamin E: 3.9mg (26.02%), Vitamin A: 499.8IU (10%), Vitamin B2: 0.09mg (5.36%), Vitamin B5: 0.49mg (4.85%), Vitamin D: 0.54µg (3.63%), Selenium: 1.84µg (2.63%), Calcium: 24.63mg (2.46%), Phosphorus: 19.79mg (1.98%), Vitamin B1: 0.02mg (1.24%), Potassium: 36.77mg (1.05%)