



## Royal Frosting



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



227 kcal

FROSTING

ICING

## Ingredients

- ☐ 0.5 teaspoon cream of tartar
- ☐ 3 egg whites
- ☐ 8 servings paste food coloring assorted
- ☐ 16 ounce powdered sugar sifted

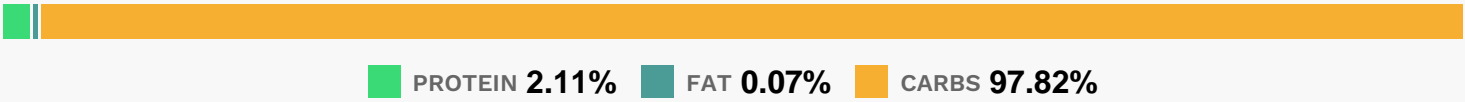
## Equipment

- ☐ mixing bowl
- ☐ hand mixer

# Directions

- ☐ Combine egg whites (at room temperature) and cream of tartar in a mixing bowl. Beat at medium speed of electric mixer until frothy.
- ☐ Add half of sugar, mixing well.
- ☐ Add remaining sugar; beat at high speed 5 to 7 minutes or until mixture is stiff and holds a peak.
- ☐ Divide frosting according to the number of different tints desired; add paste food coloring. Frosting dries quickly; keep containers covered with damp towels.
- ☐ Note: For large Candy Easter Eggs, shape dough into 18 ovals about 4 inches long. Decorate with Royal Frosting; personalize each egg with a child's name.

# Nutrition Facts



# Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.46956521985324%

# Nutrients (% of daily need)

Calories: 226.89kcal (11.34%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0%), Carbohydrates: 56.78g (18.93%), Net Carbohydrates: 56.78g (20.65%), Sugar: 55.53g (61.7%), Cholesterol: 0mg (0%), Sodium: 19.91mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.45%), Selenium: 2.59µg (3.7%), Vitamin B2: 0.06mg (3.54%), Potassium: 50.41mg (1.44%)