

Royal Icing

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



16

CALORIES



114 kcal

FROSTING

ICING

Ingredients

- 0.5 tsp cream of tartar
- 0.5 cup pasteurized egg whites refrigerated
- 16 oz powdered sugar (4 cups)

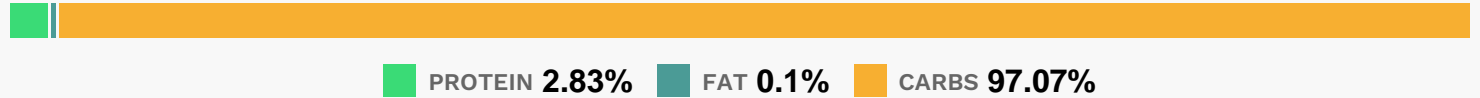
Equipment

- bowl
- hand mixer

Directions

- Beat egg whites and cream of tartar in large bowl with electric mixer on high speed until blended.
- Add powdered sugar gradually, beating on low speed until well blended after each addition. Beat on high speed 5 min. or until stiff peaks form.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.29608695889297%

Nutrients (% of daily need)

Calories: 114.47kcal (5.72%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 28.41g (10.33%), Sugar: 27.78g (30.87%), Cholesterol: 0mg (0%), Sodium: 13.22mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.66%), Selenium: 1.69µg (2.41%), Vitamin B2: 0.04mg (2.28%)