

Royal Icing



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



191 kcal

FROSTING

ICING

Ingredients



4 cups confectioners' sugar



2 egg whites



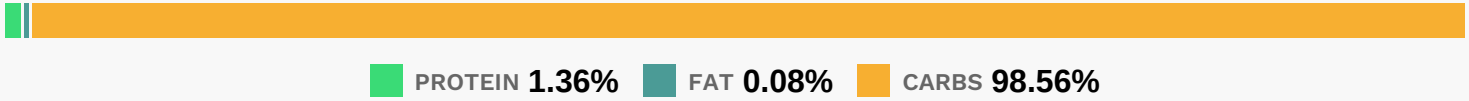
2 tablespoons juice of lemon

Equipment

Directions

- ☐
- Beat egg whites lightly and add enough sugar to make icing that will hold shape. Blend in lemon juice to get desired consistency.
- ☐
- Spread over Almond Paste on cake and let harden. Decorate.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.34130434667611%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 190.5kcal (9.52%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 48.15g (16.05%), Net Carbohydrates: 48.15g (17.51%), Sugar: 47.06g (52.29%), Cholesterol: 0mg (0%), Sodium: 10.95mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.33%), Selenium: 1.49µg (2.13%), Vitamin B2: 0.04mg (2.11%), Vitamin C: 1.16mg (1.41%)