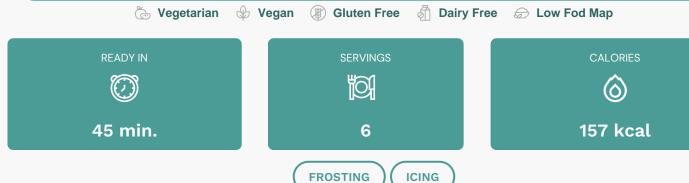


# **Royal Icing**



# Ingredients

6 servings paste food coloring
1.5 tablespoons meringue powder
2 cups powdered sugar
3 tablespoons water

# **Equipment**

mixing bowl
hand mixer

## **Directions**

Combine all ingredients in a mixing bowl. Beat at medium speed with an electric mixer until firm enough to pipe, but still of spreading consistency. Divide into bowls, and tint with food coloring. Cover bowls with a damp cloth to prevent a crust from forming while icing.

### **Nutrition Facts**



#### **Properties**

Glycemic Index:15.33, Glycemic Load:0.76, Inflammation Score:1, Nutrition Score:1.2021739438338%

#### **Nutrients** (% of daily need)

Calories: 157.19kcal (7.86%), Fat: Og (0%), Saturated Fat: Og (0%), Carbohydrates: 40.75g (13.58%), Net Carbohydrates: 40.74g (14.82%), Sugar: 39.12g (43.47%), Cholesterol: Omg (0%), Sodium: 319.17mg (13.88%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: Og (0%), Calcium: 176.9mg (17.69%), Phosphorus: 65.73mg (6.57%), Iron: 0.35mg (1.97%)