

Royal Icing



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

FROSTING

ICING

Ingredients



2 cups confectioners' sugar



1 large equivalent amount of egg whites dried



0.5 teaspoon juice of lemon

Equipment



bowl

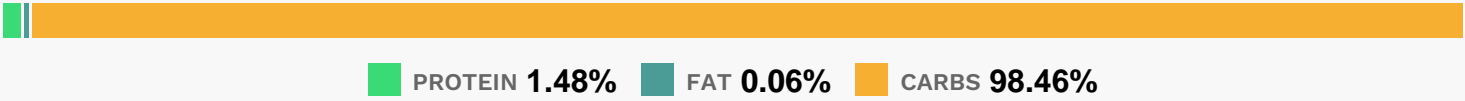


wooden spoon

Directions

☐ In a large bowl, combine the sugar, egg white, and lemon juice. With a wooden spoon, mix the ingredients together until the icing is thickened and smooth, about 2 minutes. The icing will keep up to 2 days in an airtight container in the refrigerator; before using, beat it with a fork. Stir in very small amounts of water if it seems too thick. This recipes yields enough icing for 2 to 4 dozen cookies.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.35695651278872%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 237.83kcal (11.89%), Fat: 0.02g (0.02%), Saturated Fat: 0g (0%), Carbohydrates: 59.98g (19.99%), Net Carbohydrates: 59.98g (21.81%), Sugar: 58.75g (65.28%), Cholesterol: 0mg (0%), Sodium: 14.9mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Selenium: 2.01µg (2.87%), Vitamin B2: 0.05mg (2.81%)