

Royal Icing



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

FROSTING

ICING

Ingredients

- ☐ 4 cups confectioners' sugar
- ☐ 1 pinch cream of tartar
- ☐ 3 tablespoons powdered egg whites
- ☐ 0.5 cup warm water

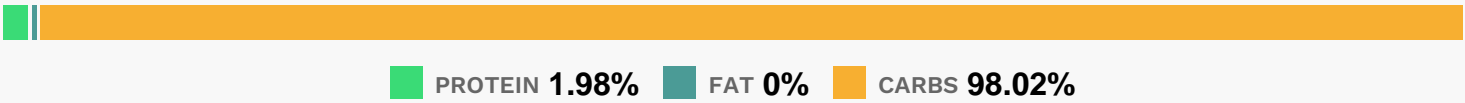
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ In bowl of an electric mixer, beat powdered egg white, water and cream of tartar.
- ☐ Add confectioners' sugar and mix on medium speed until blended. Increase speed to high and beat until icing is thick and glossy, about 5 minutes.
- ☐ Add more water as needed to thin to desired consistency for piping or spreading. Use immediately. (Or refrigerate in a covered plastic container. Beat icing again to soften before using.)

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.52913044061026%

Nutrients (% of daily need)

Calories: 319.27kcal (15.96%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 80.1g (26.7%), Net Carbohydrates: 80.1g (29.13%), Sugar: 78.35g (87.05%), Cholesterol: 0mg (0%), Sodium: 28.27mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Selenium: 2.98µg (4.26%), Vitamin B2: 0.07mg (3.87%), Potassium: 51.6mg (1.47%)