



Royal Icing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



157 kcal

FROSTING

ICING

Ingredients



6 servings paste food coloring



1.5 tablespoons meringue powder



2 cups powdered sugar



3 tablespoons water

Equipment



mixing bowl

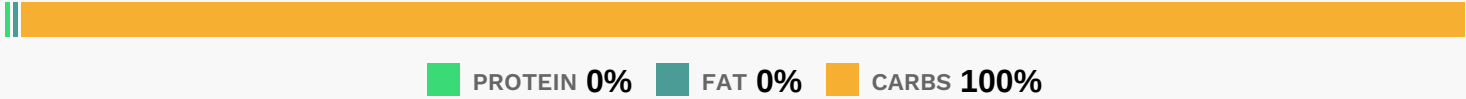


hand mixer

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 %: 0% (100%), Protein: Og (0%), Calcium: 176.9mg (17.69%), Phosphorus: 65.73mg (6.57%), Iron: 0.35mg (1.97%)