



## Royal Icing Flowers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



8

CALORIES



223 kcal

FROSTING

ICING

### Ingredients



3 tablespoons meringue powder



16 ounce powdered sugar



0.5 cup warm water

### Equipment



hand mixer

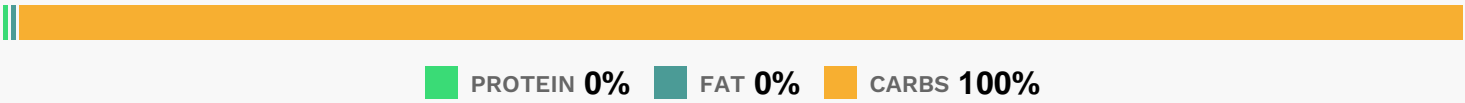


wax paper

# Directions

- ☐ Beat all ingredients at low speed with an electric mixer until blended. Beat at high speed 4 to 5 minutes or until stiff peaks form. (If icing is too stiff, add additional water, 1/2 teaspoon at a time, until desired consistency is reached.)
- ☐ Insert a coupler into a large decorating bag. Fit coupler with metal tip #104, and fill bag with icing. Pipe about 40 (1-inch) roses and 30 rosebuds, using a flower nail. Gently remove, and place on wax paper; let dry at least 8 hours. Store in an airtight container up to 1 month.
- ☐ Note: Keep extra icing covered tightly.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:1.14, Inflammation Score:1, Nutrition Score:1.8017391578659%

## Nutrients (% of daily need)

Calories: 222.94kcal (11.15%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 57.83g (19.28%), Net Carbohydrates: 57.82g (21.03%), Sugar: 55.45g (61.61%), Cholesterol: 0mg (0%), Sodium: 478.87mg (20.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Calcium: 265.43mg (26.54%), Phosphorus: 98.6mg (9.86%), Iron: 0.53mg (2.94%)