



WHATSHEATE



## Royal Icing I



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



241 kcal

FROSTING

ICING

## Ingredients



4 cups confectioners' sugar sifted



4 egg whites



1 teaspoon lemon extract

## Equipment



bowl

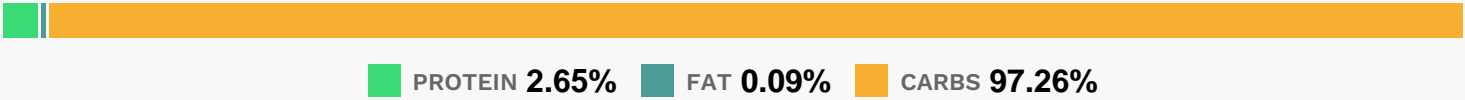


blender

# Directions

☐ Beat egg whites in clean, large bowl with mixer at high speed until foamy (use only grade A clean, uncracked eggs). Gradually add sugar and lemon extract. Beat at high speed until thickened. NOTE: When dry, Royal Icing is very hard and resistant to damage that can occur during shipping/handling.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.54826087763776%

## Nutrients (% of daily need)

Calories: 241.2kcal (12.06%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0%), Carbohydrates: 59.99g (20%), Net Carbohydrates: 59.99g (21.81%), Sugar: 58.79g (65.32%), Cholesterol: 0mg (0%), Sodium: 26.1mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.27%), Selenium: 3.36µg (4.8%), Vitamin B2: 0.08mg (4.54%)