

Royal Icing II



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



629 kcal

FROSTING

ICING

Ingredients



4 cups confectioners' sugar sifted



3 tablespoons meringue powder



6 tablespoons water

Equipment



kitchen towels

Directions

Beat all ingredients at low speed for 7 to 10 minutes, or until icing forms peaks. Tip: Keep icing covered with a wet kitchen towel at all times. Icing can dry out quickly.

Nutrition Facts

PROTEIN

0%

FAT

0%

CARBS

100%

Properties

Glycemic Index:30.67, Glycemic Load:3.04, Inflammation Score:1, Nutrition Score:4.8108696992631%

Nutrients (% of daily need)

Calories: 628.76kcal (31.44%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 163g (54.33%), Net Carbohydrates: 162.98g (59.27%), Sugar: 156.48g (173.87%), Cholesterol: 0mg (0%), Sodium: 1276.7mg (55.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Calcium: 707.62mg (70.76%), Phosphorus: 262.92mg (26.29%), Iron: 1.42mg (7.88%), Vitamin B2: 0.03mg (1.79%), Selenium: 0.98µg (1.41%)