

## Rum Flavored Icing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

FROSTING

ICING

### Ingredients

- 0.3 cup butter
- 2 cups confectioners' sugar sifted
- 0.3 cup milk
- 1 teaspoon rum extract flavored
- 1 tablespoon water hot

### Equipment

## Directions

- Heat butter and milk over a low heat. When melted remove from heat.
- Stir sugar and rum extract into the butter and milk mixture. Use hot water to thin the icing to your desired consistency.

## Nutrition Facts

 **PROTEIN 0.68%**  **FAT 36.76%**  **CARBS 62.56%**

## Properties

Glycemic Index:11, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.6495652080554%

## Nutrients (% of daily need)

Calories: 189.09kcal (9.45%), Fat: 7.91g (12.18%), Saturated Fat: 5g (31.27%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 30.3g (11.02%), Sugar: 29.71g (33.01%), Cholesterol: 21.25mg (7.08%), Sodium: 64.41mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin A: 248.72IU (4.97%), Vitamin E: 0.22mg (1.49%), Calcium: 12.01mg (1.2%), Vitamin B2: 0.02mg (1.14%)