



Shiny Cookie Icing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



176 kcal

DESSERT

Ingredients

- 2 cups confectioners' sugar
- 4 teaspoons plus light
- 4 teaspoons milk

Equipment

- bowl

Directions

Stir confectioners' sugar, corn syrup, and milk together in a bowl until smooth.

Nutrition Facts

PROTEIN 0.24% **FAT 0.59%** **CARBS 99.17%**

Properties

Glycemic Index:9.5, Glycemic Load:1.03, Inflammation Score:1, Nutrition Score:0.18956521930902%

Nutrients (% of daily need)

Calories: 176.47kcal (8.82%), Fat: 0.12g (0.18%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 45.2g (15.07%), Net Carbohydrates: 45.2g (16.43%), Sugar: 44.4g (49.33%), Cholesterol: 0.4mg (0.13%), Sodium: 6.2mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.22%)