



## Simple Icing

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



281 kcal

FROSTING

ICING

## Ingredients

- 10 servings food coloring paste
- 0.5 teaspoon juice of lemon
- 2 tablespoons meringue powder
- 6 cups powdered sugar

## Equipment

- bowl
- whisk

## Directions

- Whisk together first 3 ingredients and 6 to 8 Tbsp. water until smooth. Divide mixture into 5 to 6 small bowls; tint icing in each bowl with desired food coloring paste or drops, stirring until blended.
- Note: For testing purposes only, we used Wilton Meringue Powder. Meringue powder and food coloring paste can be found at crafts and cake-decorating stores.

## Nutrition Facts

 PROTEIN 0%  FAT 0%  CARBS 100%

## Properties

Glycemic Index:9.2, Glycemic Load:0.61, Inflammation Score:1, Nutrition Score:1.0195652427881%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

## Nutrients (% of daily need)

Calories: 281.41kcal (14.07%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 72.54g (24.18%), Net Carbohydrates: 72.53g (26.38%), Sugar: 70.42g (78.25%), Cholesterol: 0mg (0%), Sodium: 255.84mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Calcium: 141.76mg (14.18%), Phosphorus: 52.6mg (5.26%), Iron: 0.31mg (1.71%)