



Simple Vegan Icing

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



12

CALORIES



234 kcal

FROSTING

ICING

Ingredients

- 4 cups confectioners' sugar
- 5 tablespoons soy milk
- 0.3 teaspoon vanilla extract
- 0.5 cup vegetable shortening

Equipment

Directions

Beat the shortening and confectioners' sugar together until the shortening has been incorporated, and the mixture is clumpy.

Pour in the soy milk and vanilla extract; beat until smooth.

Nutrition Facts

 PROTEIN **0.31%**  FAT **32.59%**  CARBS **67.1%**

Properties

Glycemic Index:2.78, Glycemic Load:0.06, Inflammation Score:1, Nutrition Score:0.82043477536544%

Nutrients (% of daily need)

Calories: 234.16kcal (11.71%), Fat: 8.67g (13.33%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 40.15g (13.38%), Net Carbohydrates: 40.12g (14.59%), Sugar: 39.29g (43.65%), Cholesterol: 0mg (0%), Sodium: 4.27mg (0.19%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 0.18g (0.37%), Vitamin E: 0.68mg (4.54%), Vitamin K: 4.54µg (4.33%), Vitamin B2: 0.02mg (1.18%), Vitamin B12: 0.07µg (1.13%), Vitamin B3: 0.21mg (1.03%)