



Snowy Icing



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



681 kcal

FROSTING

ICING

Ingredients



3 tablespoons meringue powder



4.3 cups powdered sugar sifted



0.3 cup water

Equipment



bowl



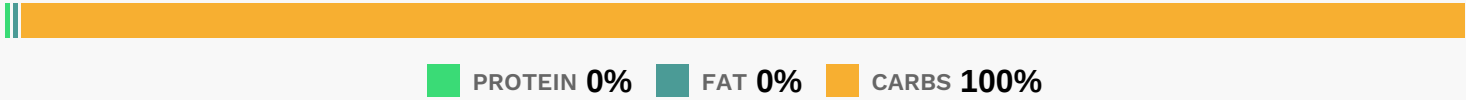
hand mixer

Directions

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Combine all ingredients in a large bowl. Beat at low speed of an electric mixer until blended; beat at medium speed 2 additional minutes.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:3.04, Inflammation Score:1, Nutrition Score:4.8221738652691%

Nutrients (% of daily need)

Calories: 680.63kcal (34.03%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 176.31g (58.77%), Net Carbohydrates: 176.29g (64.1%), Sugar: 169.52g (188.36%), Cholesterol: 0mg (0%), Sodium: 1276.45mg (55.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0g (0%), Calcium: 707.44mg (70.74%), Phosphorus: 262.92mg (26.29%), Iron: 1.43mg (7.92%), Vitamin B2: 0.03mg (1.94%), Selenium: 1.06µg (1.52%)