



## Sugar Cookie Frosting

 Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



943 kcal

DESSERT

### Ingredients

- 4 cups powdered sugar
- 3 servings purple gel food coloring
- 5 tablespoons milk
- 0.5 cup shortening
- 1 teaspoon vanilla extract

### Equipment

- bowl
- hand mixer

## Directions

- In a large bowl, cream together the confectioners' sugar and shortening until smooth. Gradually mix in the milk and vanilla with an electric mixer until smooth and stiff, about 5 minutes. Color with food coloring if desired.

## Nutrition Facts

**PROTEIN 0.34%** **FAT 32.71%** **CARBS 66.95%**

## Properties

Glycemic Index:12.67, Glycemic Load:0.44, Inflammation Score:1, Nutrition Score:2.5356521489828%

## Nutrients (% of daily need)

Calories: 943.27kcal (47.16%), Fat: 34.97g (53.8%), Saturated Fat: 9.01g (56.29%), Carbohydrates: 161.02g (53.67%), Net Carbohydrates: 161.02g (58.55%), Sugar: 157.85g (175.39%), Cholesterol: 3mg (1%), Sodium: 14.19mg (0.62%), Alcohol: 0.46g (100%), Alcohol %: 0.26% (100%), Protein: 0.82g (1.64%), Vitamin K: 18.25µg (17.38%), Vitamin E: 2.11mg (14.05%), Vitamin B2: 0.07mg (3.89%), Calcium: 32.84mg (3.28%), Vitamin B5: 0.33mg (3.26%), Phosphorus: 25.33mg (2.53%), Vitamin B12: 0.14µg (2.25%), Selenium: 1.43µg (2.05%), Vitamin D: 0.28µg (1.83%), Vitamin B1: 0.02mg (1.4%), Potassium: 42.67mg (1.22%)