



## Vanilla Buttercream Frosting

 Vegetarian  Gluten Free  Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



318 kcal

FROSTING

ICING

### Ingredients

- 1.5 cups powdered sugar
- 3 sticks butter unsalted at room temperature
- 4 teaspoons vanilla extract

### Equipment

- bowl
- blender
- stand mixer
- spatula

## Directions

- Place the butter in the bowl of a stand mixer fitted with a paddle attachment and mix on medium-high speed until fluffy and light in color, about 4 minutes. Stop the mixer and scrape down the sides of the bowl and the paddle with a rubber spatula.
- Add the powdered sugar and vanilla, return the mixer to low speed, and mix until incorporated, about 1 minute. Increase the speed to medium high and mix until the frosting is airy and thoroughly mixed, about 1 minute more. Refrigerate in an airtight container until ready to use.

## Nutrition Facts

 PROTEIN **0.36%**  FAT **77%**  CARBS **22.64%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:1.5021739297587%

## Nutrients (% of daily need)

Calories: 317.69kcal (15.88%), Fat: 27.5g (42.3%), Saturated Fat: 17.41g (108.84%), Carbohydrates: 18.19g (6.06%), Net Carbohydrates: 18.19g (6.61%), Sugar: 17.83g (19.81%), Cholesterol: 72.89mg (24.29%), Sodium: 4.23mg (0.18%), Alcohol: 0.55g (100%), Alcohol %: 1.3% (100%), Protein: 0.29g (0.58%), Vitamin A: 847.16IU (16.94%), Vitamin E: 0.79mg (5.24%), Vitamin D: 0.51µg (3.39%), Vitamin K: 2.37µg (2.26%)