



Vanilla - Chocolate Powdered Sugar Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



591 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter
- 2 cups powdered sugar sifted
- 1.5 tablespoons milk
- 1 teaspoon vanilla extract

Equipment

Directions

- Cream sugar, butter and vanilla.
- Add a small amount of milk (1 to 2 tablespoons).
- Add cocoa if desired and beat until fluffy. If frosting is too sweet add a little more milk.

Nutrition Facts

PROTEIN 0.38% **FAT 46.22%** **CARBS 53.4%**

Properties

Glycemic Index:29.33, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:1.8126086735207%

Nutrients (% of daily need)

Calories: 590.8kcal (29.54%), Fat: 30.92g (47.57%), Saturated Fat: 19.59g (122.41%), Carbohydrates: 80.38g (26.79%), Net Carbohydrates: 80.38g (29.23%), Sugar: 78.79g (87.55%), Cholesterol: 82.24mg (27.41%), Sodium: 247.84mg (10.78%), Alcohol: 0.46g (100%), Alcohol %: 0.46% (100%), Protein: 0.57g (1.14%), Vitamin A: 957.6IU (19.15%), Vitamin E: 0.88mg (5.88%), Vitamin K: 2.67µg (2.54%), Vitamin B2: 0.04mg (2.33%), Calcium: 19.25mg (1.93%), Vitamin B12: 0.1µg (1.75%), Phosphorus: 16.74mg (1.67%), Selenium: 1µg (1.43%)