



## Vegan Buttercream Icing

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



1251 kcal

FROSTING

ICING

### Ingredients

- ☐ 1 teaspoon wilton's no color butter flavor (Optional)
- ☐ 4 cups confectioner's icing sugar
- ☐ 2 tablespoons approx milk/water (As Required)
- ☐ 1 teaspoon wilton's clear vanilla extract
- ☐ 1 cup vegetable shortening

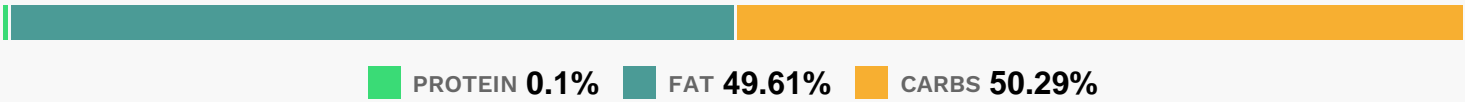
### Equipment

- ☐ bowl

# Directions

- ☐ In a bowl, add the shortening, vanilla and butter flavoring and 2 tablespoons of water. Cream until light and fluffy.
- ☐ Add sugar one cup at a time and beat after each addition, until all the ingredients have been thoroughly mixed together.Blend an additional minute or so, until creamy. This produces 3 cups of stiff consistency icing.For medium consistency, add 1 teaspoon of water to each cup of stiff consistency icing. For thin consistency, add 2 teaspoons of water for each cup of stiff consistency icing.

## Nutrition Facts



## Properties

Glycemic Index:12.67, Glycemic Load:0.18, Inflammation Score:1, Nutrition Score:3.6078260301248%

## Nutrients (% of daily need)

Calories: 1250.83kcal (62.54%), Fat: 70.3g (108.15%), Saturated Fat: 17.68g (110.5%), Carbohydrates: 160.32g (53.44%), Net Carbohydrates: 160.32g (58.3%), Sugar: 157.13g (174.59%), Cholesterol: 1.2mg (0.4%), Sodium: 9.92mg (0.43%), Alcohol: 0.46g (100%), Alcohol %: 0.24% (100%), Protein: 0.33g (0.66%), Vitamin K: 37.26µg (35.48%), Vitamin E: 4.29mg (28.63%), Vitamin B5: 0.51mg (5.14%), Vitamin B2: 0.05mg (2.67%), Selenium: 1.15µg (1.64%), Calcium: 14.75mg (1.47%), Vitamin B1: 0.02mg (1.32%), Phosphorus: 10.18mg (1.02%)