



Vegan Fluffy Buttercream Frosting

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



8 min.

SERVINGS



4

CALORIES



864 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter
- 3.5 cups powdered sugar sifted
- 0.5 cup shortening
- 0.3 cup non-dairy creamer like mimiccreme plain
- 1.5 teaspoons vanilla extract

Equipment

Directions

- Beat the shortening and margarine together until well combined and fluffy.
- Add the sugar and beat for about 3 more minutes.
- Add the vanilla and soy milk, and beat for another 5 to 7 minutes until fluffy. Variation: Cookies 'n' Cream Frosting (pictured): Stir into frosting 1/2 cup (about 5 cookies; mash first, then measure) of finely mashed vegan chocolate cream-filled sandwich cookies, like Newman-O's. Frost cupcakes generously, and top each cupcake with half of a sandwich cookie.

Nutrition Facts

 PROTEIN **0.18%**  FAT **51.15%**  CARBS **48.67%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:2.733478255408%

Nutrients (% of daily need)

Calories: 863.71kcal (43.19%), Fat: 49.96g (76.87%), Saturated Fat: 11.44g (71.48%), Carbohydrates: 106.95g (35.65%), Net Carbohydrates: 106.95g (38.89%), Sugar: 104.59g (116.21%), Cholesterol: 0mg (0%), Sodium: 280.89mg (12.21%), Alcohol: 0.52g (100%), Alcohol %: 0.37% (100%), Protein: 0.41g (0.81%), Vitamin A: 1017.22IU (20.34%), Vitamin E: 2.57mg (17.15%), Vitamin K: 14.01µg (13.34%), Vitamin B5: 0.2mg (1.99%), Vitamin B2: 0.03mg (1.87%), Phosphorus: 16.22mg (1.62%), Potassium: 44.89mg (1.28%), Selenium: 0.8µg (1.14%), Calcium: 11.33mg (1.13%)