

Whipped Cream Frosting

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

336 kcal

FROSTING

ICING

Ingredients

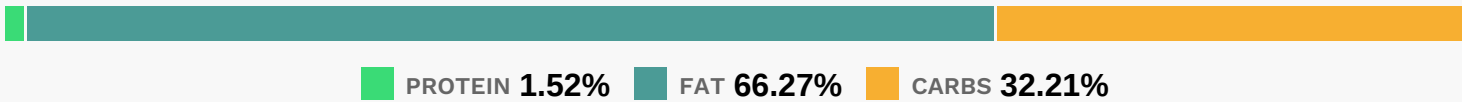
- ☐ 0.5 cup butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 cup shortening
- ☐ 1 cup sugar white

Equipment

Directions

- ☐ Cook flour and milk over low heat until thick.
- ☐ Cream together sugar, butter and shortening until smooth. (Sounds greasy, but it is good and mixes in.)
- ☐ When the flour mixture is cool add a small amount to the sugar mixture and beat. Continue to add small amounts of the flour and milk mixture to the sugar mixture until it is all mixed in. Whip until it is has the texture of whipped cream. This is best when it is made a few hours or the day before. Enjoy!!

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:19.03, Inflammation Score:-2, Nutrition Score:2.3799999952316%

Nutrients (% of daily need)

Calories: 336.36kcal (16.82%), Fat: 25.39g (39.07%), Saturated Fat: 11.07g (69.16%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 27.71g (10.08%), Sugar: 26.43g (29.37%), Cholesterol: 34.16mg (11.39%), Sodium: 103.62mg (4.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.63%), Vitamin A: 403.96IU (8.08%), Vitamin E: 1.13mg (7.54%), Vitamin K: 7.91µg (7.53%), Calcium: 41.58mg (4.16%), Phosphorus: 36.24mg (3.62%), Vitamin B2: 0.06mg (3.58%), Vitamin B12: 0.19µg (3.15%), Vitamin B1: 0.04mg (2.34%), Vitamin B5: 0.22mg (2.25%), Vitamin D: 0.34µg (2.24%), Selenium: 1.51µg (2.15%), Potassium: 51.66mg (1.48%), Magnesium: 4.36mg (1.09%), Zinc: 0.15mg (1.02%)