



Whipped Frosting I

READY IN



45 min.

SERVINGS



10

CALORIES



276 kcal

FROSTING

ICING

Ingredients

- 4 tablespoons flour all-purpose
- 0.5 cup butter
- 1 cup milk
- 0.5 cup shortening
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

- bowl

sauce pan

blender

Directions

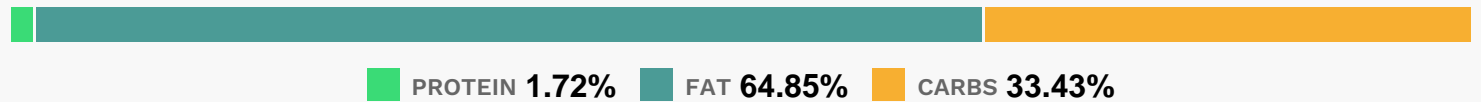
In a small saucepan, mix milk into flour gradually to prevent lumps. Cook, stirring constantly over low heat until thick. Cover with waxed paper and cool completely or set in bowl of ice water and stir until cooled.

In mixer bowl, combine shortening and margarine, beat 4 minutes.

Add sugar; beat 4 minutes.

Add cooled paste and vanilla and beat well.

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:16.05, Inflammation Score:-3, Nutrition Score:2.2065217325707%

Nutrients (% of daily need)

Calories: 275.93kcal (13.8%), Fat: 20.26g (31.17%), Saturated Fat: 4.92g (30.73%), Carbohydrates: 23.5g (7.83%), Net Carbohydrates: 23.42g (8.52%), Sugar: 21.19g (23.55%), Cholesterol: 2.93mg (0.98%), Sodium: 117.01mg (5.09%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Protein: 1.21g (2.43%), Vitamin A: 445.52IU (8.91%), Vitamin E: 0.99mg (6.63%), Vitamin K: 5.54µg (5.27%), Calcium: 34.21mg (3.42%), Vitamin B2: 0.06mg (3.35%), Phosphorus: 30.52mg (3.05%), Vitamin B1: 0.04mg (2.7%), Vitamin B12: 0.14µg (2.39%), Selenium: 1.6µg (2.29%), Vitamin B5: 0.18mg (1.84%), Vitamin D: 0.27µg (1.79%), Folate: 5.6µg (1.4%), Potassium: 45.57mg (1.3%), Manganese: 0.02mg (1.16%), Vitamin B3: 0.21mg (1.04%)