



Wintry-White Icing

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



194 kcal

FROSTING

ICING

Ingredients

- 3 Tbsp milk
- 2 cups powdered sugar
- 1 teaspoon vanilla extract

Equipment

Directions

- Stir together all ingredients until smooth.

Nutrition Facts

■ PROTEIN 0.6% ■ FAT 1.31% ■ CARBS 98.09%

Properties

Glycemic Index:7.6, Glycemic Load:0.16, Inflammation Score:1, Nutrition Score:0.36869565073563%

Nutrients (% of daily need)

Calories: 194.42kcal (9.72%), Fat: 0.29g (0.44%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 48.43g (16.14%), Net Carbohydrates: 48.43g (17.61%), Sugar: 47.48g (52.75%), Cholesterol: 1.08mg (0.36%), Sodium: 4.45mg (0.19%), Alcohol: 0.28g (100%), Alcohol %: 0.6% (100%), Protein: 0.3g (0.59%), Vitamin B2: 0.02mg (1.31%), Calcium: 11.64mg (1.16%)