



Healthdor

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## Powdered Sugar Recipe

This recipe uses powdered sugar to create a sweet and fluffy dessert. It is perfect for any occasion and can be enjoyed by everyone.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 10 mins

**Total Time:** 30 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 8

**Serving Size:** 25 g

### Ingredients

200 g powdered sugar

### Directions

#### Step 1

Sift the powdered sugar to remove any lumps.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Transfer the sifted powdered sugar to a mixing bowl.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Mixing

Use a whisk or electric mixer to beat the powdered sugar until it becomes fluffy.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 4

The powdered sugar is now ready to be used in your recipe.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 0 g

**Protein:** 0 g

**Carbohydrates:** 100 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	0 g	0%	0%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	100 g	181.82%	200%
Fibers	0 g	0%	0%
Sugars	100 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas

### Course

Desserts

Breads

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

### Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

### Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Ketogenic Diet

Low Carb, High Fat (LCHF) Diet

Nutrisystem Diet

TLC Diet (Therapeutic Lifestyle Changes)

Macrobiotic Diet

Vegetarian Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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