

Allspice Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



914 kcal

FROSTING

ICING

Ingredients

- 0.3 cup butter softened
- 4 cups powdered sugar
- 3 ounce cream cheese softened
- 0.8 teaspoon ground allspice
- 2 tablespoons milk
- 1 teaspoon vanilla extract

Equipment

- bowl

Directions

In a medium bowl, blend the cream cheese, butter, and allspice. Gradually mix in the confectioners' sugar, vanilla, and milk until the mixture is spreadable.

Nutrition Facts

PROTEIN **0.99%** FAT **29.48%** CARBS **69.53%**

Properties

Glycemic Index:43.33, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:2.9804348278305%

Nutrients (% of daily need)

Calories: 913.62kcal (45.68%), Fat: 30.57g (47.03%), Saturated Fat: 18.89g (118.06%), Carbohydrates: 162.26g (54.09%), Net Carbohydrates: 162.15g (58.96%), Sugar: 158.21g (175.79%), Cholesterol: 84.06mg (28.02%), Sodium: 258.7mg (11.25%), Alcohol: 0.46g (100%), Alcohol %: 0.26% (100%), Protein: 2.32g (4.63%), Vitamin A: 1029.94IU (20.6%), Vitamin B2: 0.12mg (7.03%), Vitamin E: 0.83mg (5.56%), Selenium: 3.85µg (5.51%), Calcium: 50.9mg (5.09%), Phosphorus: 47.13mg (4.71%), Vitamin B12: 0.16µg (2.65%), Vitamin K: 2.39µg (2.28%), Vitamin B5: 0.23mg (2.27%), Potassium: 68.87mg (1.97%), Zinc: 0.23mg (1.52%), Manganese: 0.03mg (1.39%), Magnesium: 5.09mg (1.27%), Vitamin B6: 0.02mg (1.21%), Copper: 0.02mg (1.01%)