



Almond Cream Cheese Frosting



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



158 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2.5 cups powdered sugar
- ☐ 4 oz cream cheese softened
- ☐ 1 tablespoon milk whole

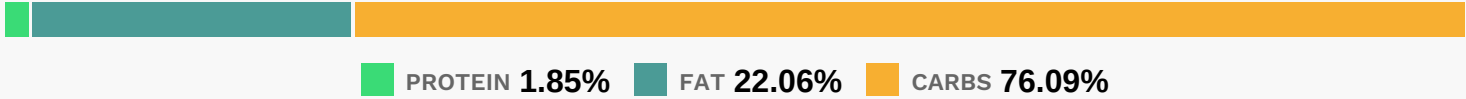
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

☐ Sift confectioners sugar over cream cheese in a large bowl and beat with an electric mixer at moderate speed until light and fluffy, about 2 minutes. Beat in extract and milk until just incorporated (be careful not to overbeat, or mixture will become too loose).

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:0.62608695921043%

Nutrients (% of daily need)

Calories: 157.58kcal (7.88%), Fat: 3.95g (6.08%), Saturated Fat: 2.32g (14.49%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 30.65g (11.14%), Sugar: 29.85g (33.17%), Cholesterol: 11.63mg (3.88%), Sodium: 36.79mg (1.6%), Alcohol: 0.03g (100%), Alcohol %: 0.1% (100%), Protein: 0.75g (1.49%), Vitamin A: 154.72IU (3.09%), Vitamin B2: 0.03mg (2%), Selenium: 1.18µg (1.69%), Phosphorus: 13.65mg (1.37%), Calcium: 13.16mg (1.32%)