



## Almond Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



872 kcal

FROSTING

ICING

### Ingredients

- 2 tablespoons almonds
- 0.5 cup butter softened
- 8 ounce cream cheese softened
- 16 ounce powdered sugar sifted

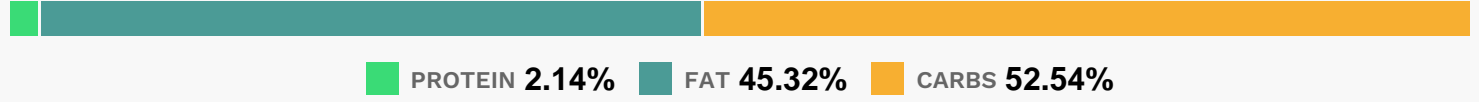
### Equipment

- hand mixer

# Directions

- ☐ Beat butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add powdered sugar and liqueur, beating until smooth.

# Nutrition Facts



# Properties

Glycemic Index:21.75, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:5.4726086751274%

# Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 871.96kcal (43.6%), Fat: 45.01g (69.25%), Saturated Fat: 26.23g (163.92%), Carbohydrates: 117.4g (39.13%), Net Carbohydrates: 116.77g (42.46%), Sugar: 113.27g (125.86%), Cholesterol: 118.27mg (39.42%), Sodium: 362.8mg (15.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin A: 1470.61IU (29.41%), Vitamin E: 2.43mg (16.17%), Vitamin B2: 0.22mg (12.86%), Phosphorus: 91.53mg (9.15%), Selenium: 6.05µg (8.64%), Calcium: 76.39mg (7.64%), Manganese: 0.13mg (6.25%), Magnesium: 19.17mg (4.79%), Vitamin B5: 0.38mg (3.78%), Copper: 0.07mg (3.48%), Potassium: 120.57mg (3.44%), Zinc: 0.48mg (3.18%), Vitamin K: 3.18µg (3.03%), Vitamin B12: 0.17µg (2.88%), Fiber: 0.63g (2.5%), Folate: 8.15µg (2.04%), Vitamin B6: 0.04mg (1.97%), Iron: 0.32mg (1.79%), Vitamin B1: 0.02mg (1.65%), Vitamin B3: 0.24mg (1.22%)