



Basic Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



437 kcal

FROSTING

ICING

Ingredients

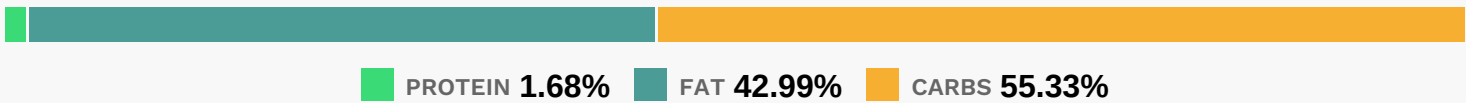
- ☐ 0.5 cup butter softened
- ☐ 4 cups confectioners' sugar
- ☐ 8 ounces cream cheese
- ☐ 2 teaspoons vanilla extract

Equipment

Directions

- ☐
- Beat softened butter and cream cheese until well blended.
- ☐
- Add powdered sugar and vanilla. Beat until creamy.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.43, Inflammation Score:-4, Nutrition Score:1.9756521725136%

Nutrients (% of daily need)

Calories: 437.23kcal (21.86%), Fat: 21.26g (32.71%), Saturated Fat: 13.02g (81.37%), Carbohydrates: 61.58g (20.53%), Net Carbohydrates: 61.58g (22.39%), Sugar: 59.88g (66.53%), Cholesterol: 59.14mg (19.71%), Sodium: 181.53mg (7.89%), Alcohol: 0.34g (100%), Alcohol %: 0.42% (100%), Protein: 1.86g (3.73%), Vitamin A: 735.28IU (14.71%), Vitamin B2: 0.08mg (4.85%), Selenium: 2.94µg (4.2%), Vitamin E: 0.57mg (3.82%), Phosphorus: 33.8mg (3.38%), Calcium: 31.61mg (3.16%), Vitamin B5: 0.18mg (1.78%), Vitamin K: 1.59µg (1.51%), Vitamin B12: 0.09µg (1.44%), Potassium: 43.51mg (1.24%), Zinc: 0.16mg (1.08%)