



Birdkitty's Peanut Butter Icing

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



24

CALORIES



134 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 16 ounce confectioners' sugar
- ☐ 0.5 cup milk
- ☐ 0.8 cup peanut butter
- ☐ 1 teaspoon vanilla extract

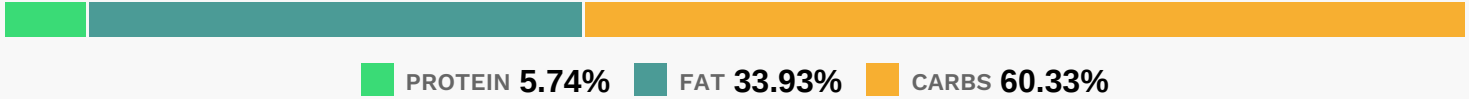
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

☐ Beat butter and peanut butter together in a bowl using an electric mixer until smooth and creamy; stir in milk and vanilla extract. Slowly beat confectioners' sugar into mixture until icing is fully mixed and thick. Store icing in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.7991304264768%

Nutrients (% of daily need)

Calories: 133.55kcal (6.68%), Fat: 5.23g (8.04%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 20.53g (7.47%), Sugar: 19.6g (21.77%), Cholesterol: 3.12mg (1.04%), Sodium: 44.41mg (1.93%), Alcohol: 0.06g (100%), Alcohol %: 0.22% (100%), Protein: 1.99g (3.98%), Manganese: 0.12mg (5.98%), Vitamin B3: 1.08mg (5.39%), Vitamin E: 0.76mg (5.09%), Magnesium: 14.28mg (3.57%), Phosphorus: 32.76mg (3.28%), Vitamin B6: 0.04mg (1.95%), Copper: 0.04mg (1.77%), Folate: 6.97µg (1.74%), Vitamin B2: 0.03mg (1.56%), Fiber: 0.39g (1.55%), Potassium: 54mg (1.54%), Zinc: 0.23mg (1.53%), Calcium: 10.69mg (1.07%), Vitamin B5: 0.11mg (1.06%)