



Butter-Pecan Frosting

 Vegetarian  Gluten Free

READY IN



18 min.

SERVINGS



7

CALORIES



691 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons butter
- ☐ 3 ounce cream cheese softened
- ☐ 8 ounce cream cheese softened
- ☐ 1.3 cups pecans coarsely chopped
- ☐ 16 ounce powdered sugar
- ☐ 2 teaspoons vanilla extract

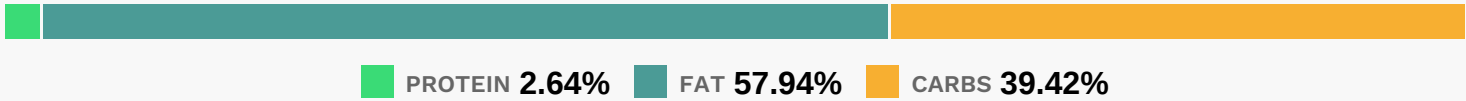
Equipment

- ☐ frying pan
- ☐ hand mixer

Directions

- ☐ Melt 2 tablespoons butter in a large skillet over medium heat.
- ☐ Add pecans, and cook, stirring constantly, 10 minutes or until pecans are toasted.
- ☐ Remove from heat. Cool completely.
- ☐ Beat cream cheese and 1/2 cup butter at medium speed with an electric mixer until creamy. Gradually add sugar; beat until light and fluffy. Stir in buttered pecans and vanilla. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:23.43, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:7.6082608440648%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Delphinidin: 1.42mg, Delphinidin: 1.42mg, Delphinidin: 1.42mg, Delphinidin: 1.42mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg

Nutrients (% of daily need)

Calories: 690.72kcal (34.54%), Fat: 45.73g (70.36%), Saturated Fat: 20.59g (128.7%), Carbohydrates: 69.99g (23.33%), Net Carbohydrates: 68.12g (24.77%), Sugar: 65.98g (73.31%), Cholesterol: 88.46mg (29.49%), Sodium: 271.26mg (11.79%), Alcohol: 0.39g (100%), Alcohol %: 0.33% (100%), Protein: 4.7g (9.39%), Manganese: 0.89mg (44.3%), Vitamin A: 1114.35IU (22.29%), Copper: 0.25mg (12.35%), Phosphorus: 106.5mg (10.65%), Vitamin B1: 0.14mg (9.32%), Vitamin B2: 0.15mg (8.71%), Zinc: 1.13mg (7.54%), Vitamin E: 1.12mg (7.5%), Fiber: 1.87g (7.47%), Selenium: 5.16µg (7.37%), Magnesium: 28.1mg (7.03%), Calcium: 62.46mg (6.25%), Vitamin B5: 0.44mg (4.45%), Potassium: 146.45mg (4.18%), Vitamin B6: 0.07mg (3.34%), Iron: 0.59mg (3.25%), Vitamin K: 3.03µg (2.89%), Folate: 8.9µg (2.22%), Vitamin B12: 0.13µg (2.21%), Vitamin B3: 0.28mg (1.41%)