



## Buttercream Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



1249 kcal

FROSTING

ICING

## Ingredients

- ☐ 0.5 cup nonfat cream cheese softened
- ☐ 1.7 cups butter softened
- ☐ 5.3 pounds powdered sugar sifted
- ☐ 0.3 teaspoon salt
- ☐ 3.5 tablespoons skim milk
- ☐ 2.5 tablespoons vanilla extract

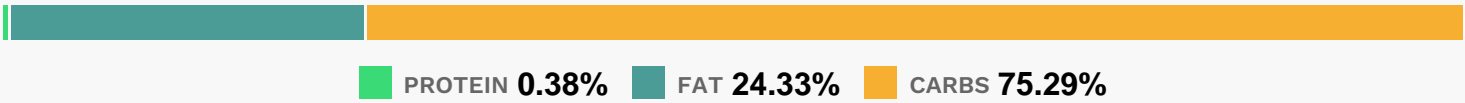
## Equipment

- ☐ stand mixer

# Directions

- ☐ Cream margarine and cream cheese at medium speed of a heavy-duty stand mixer until light and fluffy.
- ☐ Add vanilla and salt; beat well. Gradually add sugar and milk, beating at low speed. Increase speed to high, and beat until well-blended and spreadable.
- ☐ Note: If frosting is made ahead and chilled, add a small amount of milk, a teaspoon at a time, to soften. Beat until spreadable.

## Nutrition Facts



## Properties

Glycemic Index:6.03, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:2.826086965592%

## Nutrients (% of daily need)

Calories: 1249.24kcal (62.46%), Fat: 34.37g (52.87%), Saturated Fat: 8.61g (53.84%), Carbohydrates: 239.29g (79.76%), Net Carbohydrates: 239.29g (87.02%), Sugar: 234g (260%), Cholesterol: 11.62mg (3.87%), Sodium: 457.75mg (19.9%), Alcohol: 1.12g (100%), Alcohol %: 0.48% (100%), Protein: 1.22g (2.44%), Vitamin A: 1516.44IU (30.33%), Vitamin E: 1.27mg (8.47%), Vitamin B2: 0.1mg (5.61%), Selenium: 2.51µg (3.59%), Calcium: 32.06mg (3.21%), Phosphorus: 26.66mg (2.67%), Vitamin B12: 0.09µg (1.55%), Potassium: 49.22mg (1.41%), Vitamin B5: 0.12mg (1.16%), Copper: 0.02mg (1.06%)