



Buttermilk-Cream Cheese Frosting



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



343 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.3 cup buttermilk
- ☐ 8 oz cream cheese softened
- ☐ 16 oz powdered sugar sifted
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ hand mixer

Directions

- ☐ Beat cream cheese and butter at medium speed with an electric mixer until creamy.
- ☐ Add powdered sugar alternately with buttermilk, beating at low speed until blended after each addition.
- ☐ Add vanilla, beating until blended.

Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:0.46, Inflammation Score:-3, Nutrition Score:1.8369565133167%

Nutrients (% of daily need)

Calories: 343.32kcal (17.17%), Fat: 17.27g (26.57%), Saturated Fat: 10.57g (66.05%), Carbohydrates: 46.97g (15.66%), Net Carbohydrates: 46.97g (17.08%), Sugar: 45.66g (50.74%), Cholesterol: 48.19mg (16.06%), Sodium: 153.54mg (6.68%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 1.75g (3.5%), Vitamin A: 601.42IU (12.03%), Vitamin B2: 0.08mg (4.63%), Selenium: 2.63µg (3.76%), Calcium: 34.42mg (3.44%), Phosphorus: 33.82mg (3.38%), Vitamin E: 0.46mg (3.09%), Vitamin B12: 0.11µg (1.77%), Vitamin B5: 0.17mg (1.72%), Potassium: 44.96mg (1.28%), Vitamin K: 1.29µg (1.23%), Zinc: 0.16mg (1.06%)