



Caramel Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



321 kcal

FROSTING

ICING

Ingredients

- ☐ 1 cup butter softened
- ☐ 4 oz individually wrapped caramels
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 5 cups powdered sugar
- ☐ 2 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ hand mixer

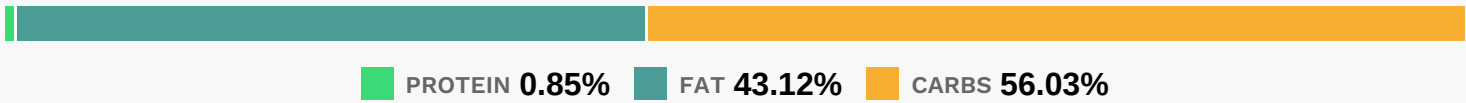
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microwave

Directions

- ☐ Microwave caramels and cream in a microwave-safe bowl at HIGH 1 to 2 minutes or until smooth, stirring at 30-second intervals.
- ☐ Let cool until lukewarm (about 30 minutes).
- ☐ Beat butter at medium speed with an electric mixer until creamy. Gradually add powdered sugar alternately with caramel mixture, beating at low speed until blended and smooth after each addition. Stir in vanilla.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:3.79, Inflammation Score:-2, Nutrition Score:1.2513043488497%

Nutrients (% of daily need)

Calories: 321.49kcal (16.07%), Fat: 15.75g (24.23%), Saturated Fat: 9.79g (61.19%), Carbohydrates: 46.04g (15.35%), Net Carbohydrates: 46.04g (16.74%), Sugar: 44.38g (49.31%), Cholesterol: 42.03mg (14.01%), Sodium: 118.82mg (5.17%), Alcohol: 0.18g (100%), Alcohol %: 0.33% (100%), Protein: 0.7g (1.4%), Vitamin A: 497.98IU (9.96%), Vitamin E: 0.46mg (3.06%), Vitamin B2: 0.05mg (2.8%), Calcium: 19.76mg (1.98%), Phosphorus: 16.88mg (1.69%), Vitamin K: 1.45µg (1.38%), Selenium: 0.77µg (1.09%), Vitamin B12: 0.06µg (1.02%)