



WHATSHEATE

Caramel Frosting



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1279 kcal

FROSTING

ICING

Ingredients

- ☐ 9 tablespoons butter cut into 1/2-inch cubes
- ☐ 6 ounce cream cheese softened cut into cubes and
- ☐ 2.3 cups sugar
- ☐ 0.7 cup water
- ☐ 0.8 cup whipping cream

Equipment

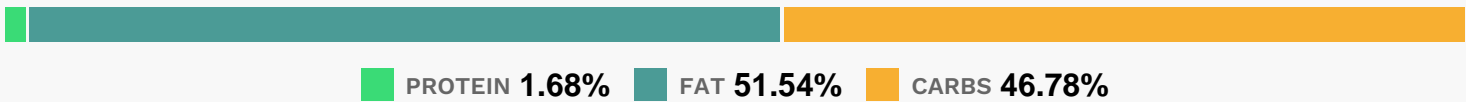
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ pastry brush

Directions

- ☐ Whisk together cream cheese and whipping cream in a small bowl until smooth. Set aside.
- ☐ Cook sugar and 2/3 cup water in a heavy 3 1/2-quart saucepan over medium-low heat, stirring constantly, 5 minutes or until sugar dissolves. Increase heat to high, and bring mixture to a boil without stirring. Using a pastry brush dipped in hot water, brush down any sugar crystals on sides of pan. Cook, without stirring, 10 minutes or just until syrup turns a deep amber color.
- ☐ Whisk in butter gradually; gradually whisk in cream cheese mixture until smooth.
- ☐ Remove from heat; cool 10 minutes, whisking occasionally.

Nutrition Facts



Properties

Glycemic Index:49.03, Glycemic Load:105.57, Inflammation Score:-8, Nutrition Score:6.954347765964%

Nutrients (% of daily need)

Calories: 1279.39kcal (63.97%), Fat: 75.53g (116.19%), Saturated Fat: 46.73g (292.04%), Carbohydrates: 154.24g (51.41%), Net Carbohydrates: 154.24g (56.09%), Sugar: 153.59g (170.66%), Cholesterol: 214.8mg (71.6%), Sodium: 468.29mg (20.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.07%), Vitamin A: 2685.7IU (53.71%), Vitamin B2: 0.28mg (16.77%), Vitamin E: 2.01mg (13.4%), Selenium: 7.98µg (11.4%), Calcium: 107.43mg (10.74%), Phosphorus: 105.26mg (10.53%), Vitamin D: 0.95µg (6.35%), Vitamin K: 6.03µg (5.75%), Vitamin B5: 0.52mg (5.21%), Vitamin B12: 0.29µg (4.86%), Potassium: 144.45mg (4.13%), Zinc: 0.48mg (3.23%), Vitamin B6: 0.05mg (2.69%), Magnesium: 10.63mg (2.66%), Folate: 8.74µg (2.19%), Vitamin B1: 0.03mg (1.8%), Copper: 0.04mg (1.78%), Iron: 0.21mg (1.14%)