



Cherry-Nut Cream Cheese Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1085 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter softened
- 0.5 teaspoon coconut extract
- 8 ounce cream cheese softened
- 0.5 cup maraschino cherries drained chopped
- 1 cup pecans chopped
- 16 ounce powdered sugar sifted
- 1 teaspoon vanilla extract

Equipment

mixing bowl

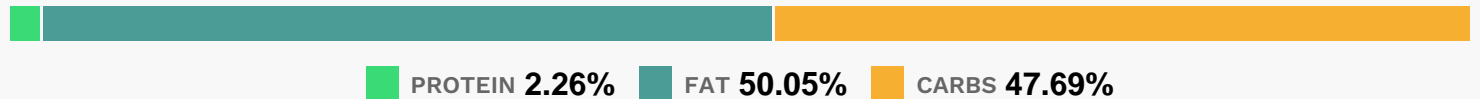
hand mixer

Directions

Beat butter and cream cheese in a mixing bowl at medium speed with an electric mixer until creamy; mix in vanilla and coconut extracts. Gradually add powdered sugar, beating well.

Fold in chopped pecans and maraschino cherries.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.96, Inflammation Score:-8, Nutrition Score:11.100869461246%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 1085.33kcal (54.27%), Fat: 62.03g (95.43%), Saturated Fat: 17.89g (111.8%), Carbohydrates: 132.97g (44.32%), Net Carbohydrates: 129.41g (47.06%), Sugar: 125.8g (139.77%), Cholesterol: 57.27mg (19.09%), Sodium: 449.21mg (19.53%), Alcohol: 0.56g (100%), Alcohol %: 0.27% (100%), Protein: 6.31g (12.61%), Manganese: 1.24mg (62.21%), Vitamin A: 1805.01IU (36.1%), Copper: 0.39mg (19.43%), Phosphorus: 143.66mg (14.37%), Fiber: 3.56g (14.25%), Vitamin B1: 0.2mg (13.06%), Vitamin E: 1.76mg (11.76%), Vitamin B2: 0.2mg (11.73%), Zinc: 1.61mg (10.72%), Magnesium: 40.3mg (10.08%), Calcium: 99.87mg (9.99%), Selenium: 6.65µg (9.5%), Vitamin B5: 0.6mg (5.99%), Potassium: 209.36mg (5.98%), Iron: 0.95mg (5.27%), Vitamin B6: 0.09mg (4.67%), Folate: 11.38µg (2.85%), Vitamin B12: 0.15µg (2.55%), Vitamin K: 2.59µg (2.46%), Vitamin B3: 0.38mg (1.92%)