



## Chocolate-Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



996 kcal

FROSTING

ICING

### Ingredients

- ☐ 0.5 cup butter softened
- ☐ 0.3 cup buttermilk
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.7 cup pecans finely chopped
- ☐ 16 ounce powdered sugar
- ☐ 0.3 cup cocoa unsweetened
- ☐ 2 teaspoons vanilla extract

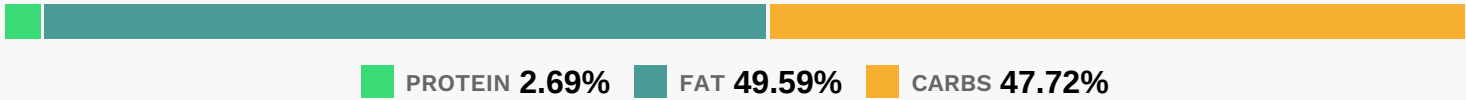
# Equipment

☐ hand mixer

# Directions

- ☐ Beat first 4 ingredients at medium speed with an electric mixer until creamy.
- ☐ Combine powdered sugar and cocoa; gradually add to butter mixture alternately with buttermilk, beginning and ending with powdered sugar mixture. Beat at low speed until blended after each addition. Stir in pecans.

# Nutrition Facts



# Properties

Glycemic Index:30.75, Glycemic Load:1.16, Inflammation Score:-7, Nutrition Score:11.120000123978%

# Flavonoids

Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg, Cyanidin: 1.95mg Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg, Delphinidin: 1.32mg Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 10.71mg, Epicatechin: 10.71mg, Epicatechin: 10.71mg, Epicatechin: 10.71mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

# Nutrients (% of daily need)

Calories: 996.17kcal (49.81%), Fat: 56.83g (87.43%), Saturated Fat: 27.88g (174.25%), Carbohydrates: 123.04g (41.01%), Net Carbohydrates: 119.24g (43.36%), Sugar: 114.86g (127.62%), Cholesterol: 119.92mg (39.97%), Sodium: 379.83mg (16.51%), Alcohol: 0.69g (100%), Alcohol %: 0.36% (100%), Caffeine: 12.36mg (4.12%), Protein: 6.94g (13.87%), Manganese: 1.06mg (53.08%), Vitamin A: 1505.85IU (30.12%), Copper: 0.45mg (22.27%), Phosphorus: 170.2mg (17.02%), Fiber: 3.8g (15.2%), Magnesium: 56.29mg (14.07%), Vitamin B2: 0.23mg (13.29%), Selenium: 7.86µg (11.23%), Zinc: 1.57mg (10.47%), Calcium: 101.26mg (10.13%), Vitamin B1: 0.15mg (9.72%), Vitamin E: 1.42mg (9.46%), Iron: 1.36mg (7.56%), Potassium: 263.85mg (7.54%), Vitamin B5: 0.58mg (5.83%), Vitamin B6: 0.08mg (4.16%), Vitamin B12: 0.24µg (4.03%), Vitamin K: 4.03µg (3.84%), Folate: 12.43µg (3.11%), Vitamin B3: 0.42mg (2.08%), Vitamin D: 0.19µg (1.3%)