



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 powder unsweetened
- ☐ 2 teaspoons vanilla extract

Equipment

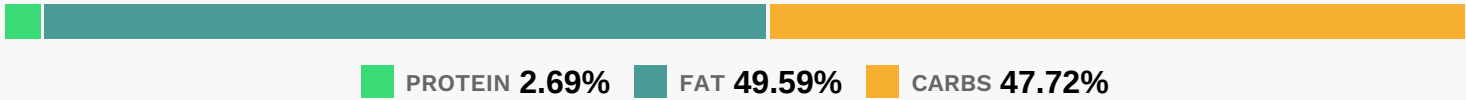
☐

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%)