



Cinnamon Bun Icing

 Gluten Free

READY IN



10 min.

SERVINGS



20

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups powdered sugar
- 8 ounce cream cheese softened
- 0.5 cup butter softened
- 1 tablespoon milk
- 1 teaspoon vanilla extract

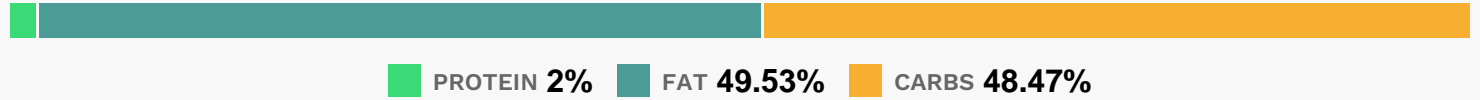
Equipment

- bowl

Directions

In a large bowl, combine cream cheese, margarine, vanilla extract, confectioners' sugar and milk. Beat until creamy.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:0.84826087619623%

Nutrients (% of daily need)

Calories: 151.54kcal (7.58%), Fat: 8.49g (13.07%), Saturated Fat: 3.25g (20.33%), Carbohydrates: 18.7g (6.23%), Net Carbohydrates: 18.7g (6.8%), Sugar: 18.09g (20.1%), Cholesterol: 11.54mg (3.85%), Sodium: 89.79mg (3.9%), Alcohol: 0.07g (100%), Alcohol %: 0.24% (100%), Protein: 0.77g (1.55%), Vitamin A: 356.5IU (7.13%), Vitamin B2: 0.03mg (1.93%), Vitamin E: 0.27mg (1.83%), Selenium: 1.1µg (1.57%), Phosphorus: 14.21mg (1.42%), Calcium: 13.83mg (1.38%)