



Cobertura cl sica de queso crema

 Gluten Free

READY IN



10 min.

SERVINGS



20

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter softened
- 8 oz philadelphia cream cheese softened
- 4 cups powdered sugar sifted
- 1 tsp vanilla

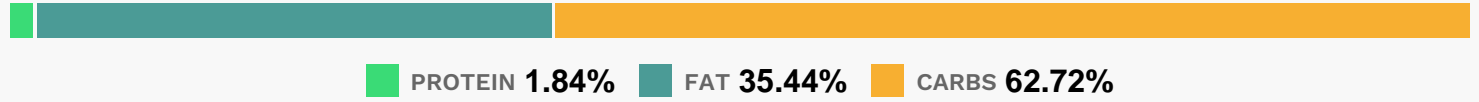
Equipment

- bowl
- blender

Directions

- Beat cream cheese, butter and vanilla in large bowl with mixer until blended.
- Add sugar gradually, beating until well blended after each addition.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.70130434721384%

Nutrients (% of daily need)

Calories: 154.06kcal (7.7%), Fat: 6.19g (9.52%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 24.63g (8.96%), Sugar: 23.92g (26.58%), Cholesterol: 11.45mg (3.82%), Sodium: 62.86mg (2.73%), Alcohol: 0.07g (100%), Alcohol %: 0.24% (100%), Protein: 0.72g (1.45%), Vitamin A: 253.79IU (5.08%), Vitamin B2: 0.03mg (1.88%), Selenium: 1.12µg (1.6%), Phosphorus: 12.8mg (1.28%), Vitamin E: 0.19mg (1.24%), Calcium: 12.11mg (1.21%)