



## Coconut Buttercream

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



321 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter softened
- 3 oz cream cheese
- 0.3 cup cream of coconut
- 16 oz powdered sugar
- 1 teaspoon vanilla extract

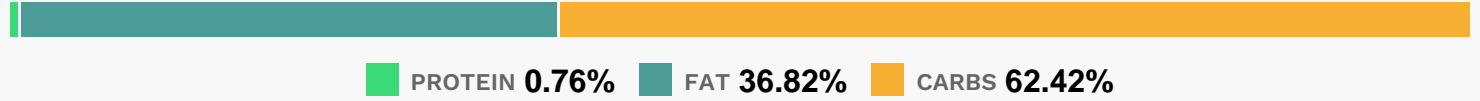
### Equipment

- hand mixer

## Directions

- ☐ Beat butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating at low speed until blended. Increase speed to medium, and slowly add coconut milk and vanilla, beating until smooth.

## Nutrition Facts



## Properties

Glycemic Index:7.7, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:0.94391304222138%

## Nutrients (% of daily need)

Calories: 320.79kcal (16.04%), Fat: 13.36g (20.56%), Saturated Fat: 8.66g (54.14%), Carbohydrates: 50.98g (16.99%), Net Carbohydrates: 50.73g (18.45%), Sugar: 49.67g (55.19%), Cholesterol: 32.99mg (11%), Sodium: 104.33mg (4.54%), Alcohol: 0.14g (100%), Alcohol %: 0.24% (100%), Protein: 0.62g (1.24%), Vitamin A: 397.86IU (7.96%), Vitamin E: 0.34mg (2.24%), Vitamin B2: 0.03mg (1.91%), Selenium: 1.12µg (1.6%), Phosphorus: 11.85mg (1.18%), Calcium: 11.47mg (1.15%)