



## Coconut-Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



20

CALORIES



144 kcal

FROSTING

ICING

### Ingredients

- 0.3 cup butter softened ()
- 4 oz philadelphia cream cheese softened ()
- 0.5 cup baker's angel flake coconut toasted
- 2 Tbsp milk
- 16 oz powdered sugar
- 0.5 tsp vanilla

### Equipment

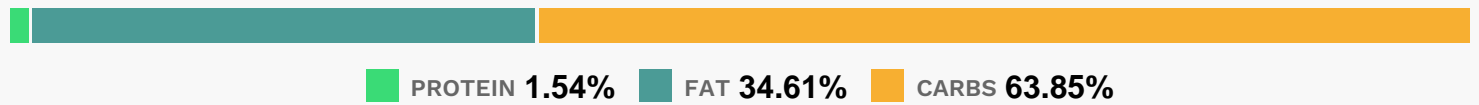
- bowl

hand mixer

## Directions

- Beat cream cheese and butter in large bowl with electric mixer on medium speed until light and fluffy.
- Add sugar alternately with the milk, beating until well blended after each addition.
- Add vanilla; mix well. Stir in coconut.
- Use to frost your favorite cake or cupcake recipe.

## Nutrition Facts



## Properties

Glycemic Index:5.75, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.83086956227603%

## Nutrients (% of daily need)

Calories: 143.64kcal (7.18%), Fat: 5.67g (8.72%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 23.19g (8.43%), Sugar: 22.64g (25.15%), Cholesterol: 12.01mg (4%), Sodium: 37.87mg (1.65%), Alcohol: 0.04g (100%), Alcohol %: 0.13% (100%), Protein: 0.57g (1.14%), Manganese: 0.06mg (3.01%), Vitamin A: 149.49IU (2.99%), Selenium: 1.07µg (1.53%), Fiber: 0.35g (1.39%), Vitamin B2: 0.02mg (1.33%), Phosphorus: 12.65mg (1.26%)