



Coconut-Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



312 kcal

FROSTING

ICING

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 3.5 cups confectioners sugar sifted
- ☐ 8 ounce cream cheese softened
- ☐ 2 teaspoons milk
- ☐ 1.3 cups coconut or sweetened flaked
- ☐ 0.5 teaspoon vanilla extract

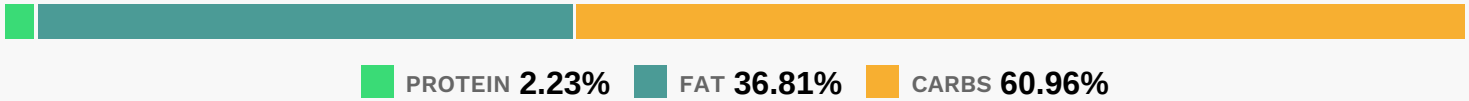
Equipment

- ☐ hand mixer

Directions

- ☐ Beat cream cheese and butter at medium speed with an electric mixer until creamy.
Gradually add confectioners sugar alternately with milk, beating at low speed until blended.
- ☐ Add vanilla; beat until smooth. Stir in coconut.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:2.1082608547548%

Nutrients (% of daily need)

Calories: 312.46kcal (15.62%), Fat: 13.08g (20.12%), Saturated Fat: 8.84g (55.28%), Carbohydrates: 48.75g (16.25%), Net Carbohydrates: 47.69g (17.34%), Sugar: 45.91g (51.02%), Cholesterol: 29.05mg (9.68%), Sodium: 120.74mg (5.25%), Alcohol: 0.07g (100%), Alcohol %: 0.11% (100%), Protein: 1.78g (3.57%), Vitamin A: 376.18IU (7.52%), Selenium: 3.96µg (5.66%), Manganese: 0.11mg (5.33%), Fiber: 1.05g (4.21%), Vitamin B2: 0.06mg (3.78%), Phosphorus: 36.59mg (3.66%), Calcium: 25.51mg (2.55%), Potassium: 71.6mg (2.05%), Copper: 0.04mg (1.93%), Magnesium: 7.66mg (1.91%), Vitamin E: 0.26mg (1.74%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.2mg (1.33%), Iron: 0.21mg (1.17%)