



Coconut-Cream Cheese Frosting



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



5

CALORIES



718 kcal

FROSTING

ICING

Ingredients

- 0.5 teaspoon coconut flavoring
- 4 cups confectioners' sugar
- 8 ounce cream cheese softened
- 2 tablespoons heavy cream
- 0.5 teaspoon salt
- 0.5 cup butter unsalted softened
- 1 teaspoon vanilla extract

Equipment

- bowl
- blender

Directions

- Beat the cream cheese and butter in a mixer bowl until light and fluffy. Gradually add the confectioners' sugar, one cup at a time, alternating with heavy cream. Beat in the salt, coconut flavoring, and vanilla extract. Continue beating until mixture is smooth and spreadable.
- Add additional confectioners' sugar if necessary to thicken the frosting, or more cream to thin. Stir in the coconut. If desired, spoon toasted coconut evenly over frosted cake.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:3.5160869980312%

Nutrients (% of daily need)

Calories: 718.01kcal (35.9%), Fat: 36.22g (55.72%), Saturated Fat: 22.23g (138.96%), Carbohydrates: 98.61g (32.87%), Net Carbohydrates: 98.6g (35.86%), Sugar: 95.89g (106.54%), Cholesterol: 101.4mg (33.8%), Sodium: 381.11mg (16.57%), Alcohol: 0.28g (100%), Alcohol %: 0.2% (100%), Protein: 3.16g (6.31%), Vitamin A: 1264.65IU (25.29%), Vitamin B2: 0.14mg (8.37%), Selenium: 4.89µg (6.99%), Vitamin E: 0.97mg (6.48%), Phosphorus: 57.62mg (5.76%), Calcium: 54.61mg (5.46%), Vitamin B5: 0.3mg (2.99%), Vitamin D: 0.44µg (2.91%), Vitamin K: 2.73µg (2.6%), Vitamin B12: 0.15µg (2.47%), Potassium: 74.53mg (2.13%), Zinc: 0.27mg (1.83%), Vitamin B6: 0.03mg (1.42%), Magnesium: 5.09mg (1.27%), Folate: 5.03µg (1.26%), Copper: 0.02mg (1.02%)