



Cream Cheese-Butter Pecan Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



1124 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.5 cup butter softened
- ☐ 16 ounce cream cheese softened
- ☐ 2 cups pecans chopped
- ☐ 32 ounce powdered sugar
- ☐ 2 teaspoons vanilla extract

Equipment

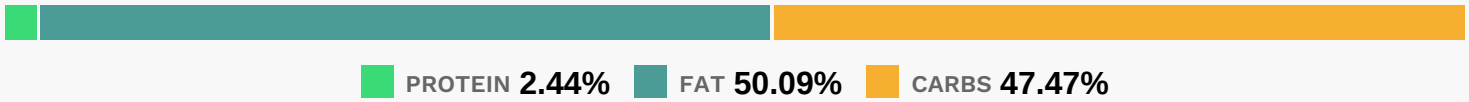
- ☐ oven

- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Stir together chopped pecans and 1/4 cup melted butter.
- ☐ Spread in an even layer in a 13- x 9-inch baking pan.
- ☐ Bake at 350 for 15 minutes or until pecans are toasted.
- ☐ Remove from oven, and let cool.
- ☐ Beat cream cheese and 1/2 cup butter at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating until light and fluffy. Stir in pecans and vanilla.
- ☐ Note: To sugar silk ivy leaves, brush leaves lightly with corn syrup, and sprinkle with granulated sugar.

Nutrition Facts



Properties

Glycemic Index:19.57, Glycemic Load:1.11, Inflammation Score:-7, Nutrition Score:11.585217316513%

Flavonoids

Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg, Cyanidin: 3.34mg Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg, Epigallocatechin: 1.75mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg, Epigallocatechin 3-gallate: 0.72mg

Nutrients (% of daily need)

Calories: 1123.8kcal (56.19%), Fat: 64.44g (99.14%), Saturated Fat: 27.52g (171.97%), Carbohydrates: 137.4g (45.8%), Net Carbohydrates: 134.41g (48.88%), Sugar: 130.58g (145.09%), Cholesterol: 117.74mg (39.25%), Sodium: 362.55mg (15.76%), Alcohol: 0.39g (100%), Alcohol %: 0.2% (100%), Protein: 7.05g (14.1%), Manganese: 1.42mg (70.82%), Vitamin A: 1495.48IU (29.91%), Copper: 0.4mg (19.76%), Phosphorus: 161.51mg (16.15%), Vitamin B1: 0.22mg (14.79%), Vitamin B2: 0.22mg (13.15%), Fiber: 2.99g (11.96%), Zinc: 1.77mg (11.81%), Selenium: 7.78µg (11.11%), Magnesium: 44.14mg (11.03%), Vitamin E: 1.56mg (10.38%), Calcium: 91.91mg (9.19%), Vitamin B5: 0.67mg (6.65%), Potassium: 223.34mg (6.38%), Iron: 0.94mg (5.24%), Vitamin B6: 0.1mg (5.14%), Vitamin K: 4.15µg (3.96%), Folate: 13.41µg (3.35%), Vitamin B12: 0.18µg (3.07%), Vitamin B3: 0.44mg (2.19%)