



Cream Cheese Filling

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce cream cheese softened
- ☐ 1 large eggs
- ☐ 0.8 cup sugar
- ☐ 2 teaspoons vanilla extract

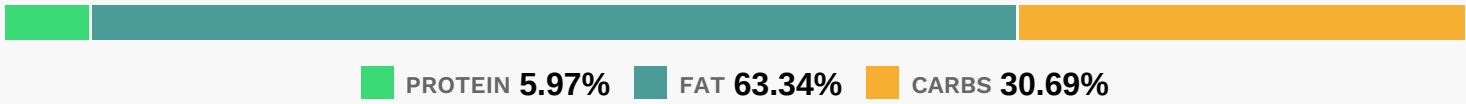
Equipment

- ☐ hand mixer

Directions

☐ Beat all ingredients at medium speed with an electric mixer until smooth.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:11.15, Inflammation Score:-4, Nutrition Score:2.6326087032971%

Nutrients (% of daily need)

Calories: 225.96kcal (11.3%), Fat: 16.13g (24.81%), Saturated Fat: 9.32g (58.24%), Carbohydrates: 17.58g (5.86%), Net Carbohydrates: 17.58g (6.39%), Sugar: 16.8g (18.66%), Cholesterol: 64.41mg (21.47%), Sodium: 149.75mg (6.51%), Alcohol: 0.28g (100%), Alcohol %: 0.53% (100%), Protein: 3.42g (6.84%), Vitamin A: 636.17IU (12.72%), Selenium: 5.53µg (7.89%), Vitamin B2: 0.13mg (7.69%), Phosphorus: 58.48mg (5.85%), Calcium: 47.04mg (4.7%), Vitamin B5: 0.34mg (3.35%), Vitamin E: 0.44mg (2.95%), Vitamin B12: 0.14µg (2.4%), Zinc: 0.29mg (1.96%), Potassium: 68.26mg (1.95%), Vitamin B6: 0.03mg (1.71%), Folate: 6.43µg (1.61%), Magnesium: 4.78mg (1.19%)