



Cream Cheese Frosting



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



416 kcal

FROSTING

ICING

Ingredients

- ☐ 16 oz cream cheese softened
- ☐ 2 cups powdered sugar sifted
- ☐ 1 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract

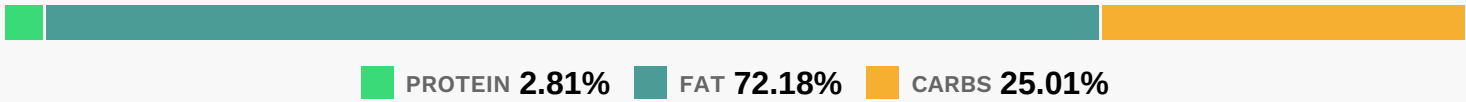
Equipment

- ☐ bowl
- ☐ stand mixer

Directions

☐ Place first 3 ingredients in the bowl of a heavy-duty electric stand mixer, and beat at medium speed using the paddle attachment until smooth. Gradually add powdered sugar, beating at low speed until blended after each addition. Beat at medium-high speed 3 minutes or until light and fluffy.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.68, Inflammation Score:-6, Nutrition Score:3.1543478473373%

Nutrients (% of daily need)

Calories: 416.03kcal (20.8%), Fat: 34.02g (52.33%), Saturated Fat: 20.82g (130.14%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 26.52g (9.64%), Sugar: 25.24g (28.05%), Cholesterol: 94.62mg (31.54%), Sodium: 145.44mg (6.32%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Protein: 2.98g (5.97%), Vitamin A: 1176.45IU (23.53%), Vitamin B2: 0.12mg (6.88%), Vitamin E: 0.92mg (6.11%), Selenium: 4.27µg (6.1%), Phosphorus: 54.01mg (5.4%), Calcium: 49.73mg (4.97%), Vitamin B5: 0.28mg (2.84%), Vitamin K: 2.54µg (2.42%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.34µg (2.27%), Potassium: 66.39mg (1.9%), Zinc: 0.25mg (1.67%), Vitamin B6: 0.03mg (1.31%), Folate: 4.76µg (1.19%), Magnesium: 4.58mg (1.15%)