



Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



1038 kcal

FROSTING

ICING

Ingredients

- 16 ounce cream cheese at room temperature (1 pound)
- 2 cups powdered sugar sifted
- 2 sticks butter unsalted at room temperature
- 1 teaspoon vanilla extract

Equipment

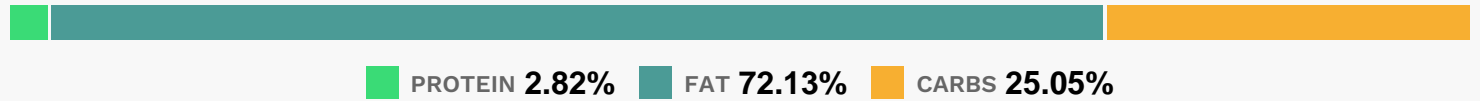
- bowl
- blender
- stand mixer

spatula

Directions

- Place the butter and cream cheese in the bowl of a stand mixer fitted with the paddle attachment and beat on medium–high speed until light, fluffy, and fully incorporated, about 3 minutes. Stop the mixer and scrape down the sides of the bowl and the paddle with a rubber spatula.
- Add the powdered sugar and vanilla. Turn the mixer to low and mix until the sugar is incorporated, about 30 seconds. Stop the mixer and scrape down the sides of the bowl and the paddle again. Turn the mixer to medium–high speed and mix until the frosting is creamy and fluffy, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:1.69, Inflammation Score:-8, Nutrition Score:7.8743479148201%

Nutrients (% of daily need)

Calories: 1038.28kcal (51.91%), Fat: 84.84g (130.52%), Saturated Fat: 51.93g (324.56%), Carbohydrates: 66.3g (22.1%), Net Carbohydrates: 66.3g (24.1%), Sugar: 63.1g (70.12%), Cholesterol: 236.01mg (78.67%), Sodium: 363.58mg (15.81%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 7.45g (14.91%), Vitamin A: 2934.87IU (58.7%), Vitamin B2: 0.29mg (17.2%), Selenium: 10.68µg (15.25%), Vitamin E: 2.29mg (15.24%), Phosphorus: 134.96mg (13.5%), Calcium: 124.27mg (12.43%), Vitamin B5: 0.71mg (7.09%), Vitamin K: 6.34µg (6.03%), Vitamin B12: 0.35µg (5.76%), Vitamin D: 0.85µg (5.65%), Potassium: 165.93mg (4.74%), Zinc: 0.62mg (4.17%), Vitamin B6: 0.07mg (3.27%), Folate: 11.9µg (2.98%), Magnesium: 11.46mg (2.86%), Vitamin B1: 0.03mg (1.93%), Copper: 0.03mg (1.72%)