



Cream Cheese Frosting



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



2682 kcal

FROSTING

ICING

Ingredients

- ☐ 8 ounces cream cheese softened
- ☐ 1 tablespoon milk
- ☐ 4 cups powdered sugar
- ☐ 1 teaspoon vanilla

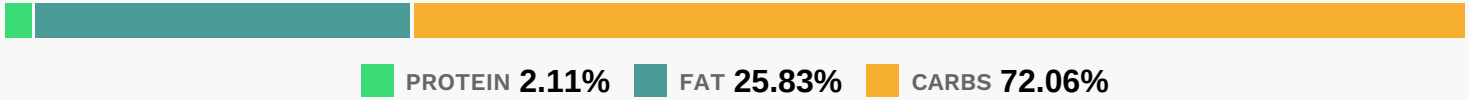
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

☐ Beat cream cheese, milk and vanilla in medium bowl with electric mixer on low speed until smooth. Gradually beat in powdered sugar, 1 cup at a time, until smooth and spreadable.

Nutrition Facts



Properties

Glycemic Index:65, Glycemic Load:3.65, Inflammation Score:-8, Nutrition Score:11.903913264689%

Nutrients (% of daily need)

Calories: 2681.51kcal (134.08%), Fat: 78.5g (120.77%), Saturated Fat: 46.09g (288.08%), Carbohydrates: 492.77g (164.26%), Net Carbohydrates: 492.77g (179.19%), Sugar: 479.2g (532.44%), Cholesterol: 230.86mg (76.95%), Sodium: 727.8mg (31.64%), Alcohol: 1.38g (100%), Alcohol %: 0.24% (100%), Protein: 14.44g (28.88%), Vitamin A: 3070.17IU (61.4%), Vitamin B2: 0.64mg (37.49%), Selenium: 22.67µg (32.38%), Phosphorus: 258.06mg (25.81%), Calcium: 243.68mg (24.37%), Vitamin B5: 1.35mg (13.5%), Vitamin E: 1.96mg (13.05%), Vitamin B12: 0.58µg (9.67%), Potassium: 337.39mg (9.64%), Zinc: 1.25mg (8.32%), Vitamin B6: 0.14mg (6.86%), Magnesium: 22.69mg (5.67%), Folate: 20.41µg (5.1%), Vitamin K: 4.81µg (4.58%), Vitamin B1: 0.06mg (4.07%), Copper: 0.08mg (3.87%), Iron: 0.54mg (3.01%), Manganese: 0.05mg (2.7%), Vitamin B3: 0.24mg (1.2%), Vitamin D: 0.17µg (1.1%)