



Cream Cheese Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



933 kcal

FROSTING

ICING

Ingredients

- ☐ 0.8 cup butter softened
- ☐ 3 ounce cream cheese softened
- ☐ 8 ounce cream cheese softened
- ☐ 3 cups powdered sugar sifted
- ☐ 1.5 teaspoons vanilla extract

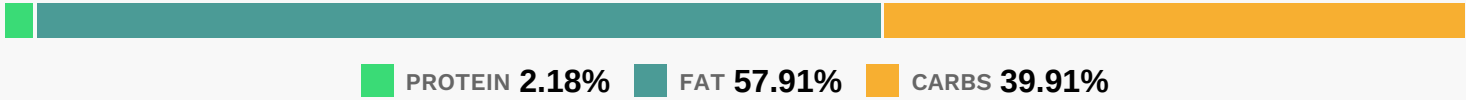
Equipment

- ☐ hand mixer

Directions

- ☐ Beat butter and cream cheese at medium speed with an electric mixer until creamy.
- ☐ Add powdered sugar and vanilla; beat until smooth.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:1.16, Inflammation Score:-8, Nutrition Score:5.7856521855878%

Nutrients (% of daily need)

Calories: 933.31kcal (46.67%), Fat: 61.08g (93.97%), Saturated Fat: 22.86g (142.85%), Carbohydrates: 94.7g (31.57%), Net Carbohydrates: 94.7g (34.44%), Sugar: 91.14g (101.27%), Cholesterol: 78.74mg (26.25%), Sodium: 648.1mg (28.18%), Alcohol: 0.52g (100%), Alcohol %: 0.31% (100%), Protein: 5.18g (10.36%), Vitamin A: 2569.48IU (51.39%), Vitamin E: 1.99mg (13.27%), Vitamin B2: 0.21mg (12.56%), Selenium: 7.24µg (10.35%), Phosphorus: 93.3mg (9.33%), Calcium: 89.46mg (8.95%), Vitamin B5: 0.48mg (4.81%), Vitamin B12: 0.21µg (3.57%), Potassium: 124.81mg (3.57%), Zinc: 0.4mg (2.67%), Vitamin B6: 0.05mg (2.39%), Magnesium: 8.47mg (2.12%), Folate: 7.44µg (1.86%), Vitamin K: 1.64µg (1.56%), Vitamin B1: 0.02mg (1.49%), Copper: 0.02mg (1.07%)