



Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



338 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 8 oz cream cheese softened
- ☐ 16 oz powdered sugar
- ☐ 1 teaspoon vanilla extract

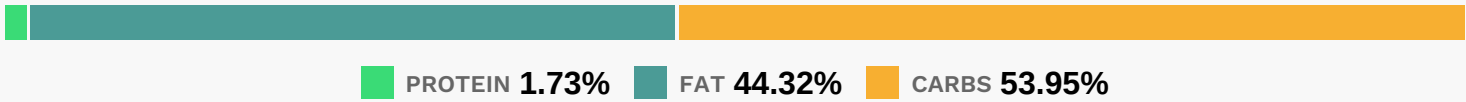
Equipment

- ☐ hand mixer

Directions

- ☐
- Beat butter and cream cheese at medium speed with an electric mixer until creamy.
Gradually add powdered sugar, beating at low speed until blended; stir in vanilla.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:1.5713043504435%

Nutrients (% of daily need)

Calories: 338.36kcal (16.92%), Fat: 17.01g (26.16%), Saturated Fat: 10.42g (65.1%), Carbohydrates: 46.58g (15.53%), Net Carbohydrates: 46.58g (16.94%), Sugar: 45.27g (50.3%), Cholesterol: 47.31mg (15.77%), Sodium: 145.14mg (6.31%), Alcohol: 0.14g (100%), Alcohol %: 0.22% (100%), Protein: 1.49g (2.98%), Vitamin A: 588.22IU (11.76%), Vitamin B2: 0.06mg (3.82%), Selenium: 2.34µg (3.34%), Vitamin E: 0.46mg (3.06%), Phosphorus: 27.02mg (2.7%), Calcium: 25.22mg (2.52%), Vitamin B5: 0.14mg (1.42%), Vitamin K: 1.27µg (1.21%), Vitamin B12: 0.07µg (1.15%)