



Cream Cheese Frosting II



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



3

CALORIES



1116 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 2 cups confectioners' sugar sifted
- ☐ 16 ounce cream cheese softened
- ☐ 1 teaspoon vanilla extract

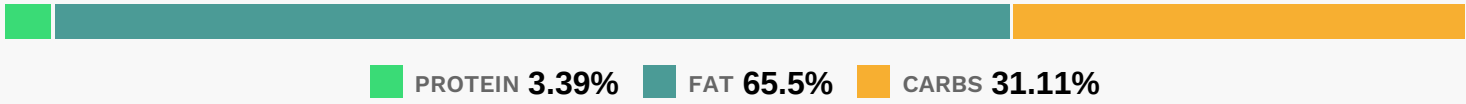
Equipment

- ☐ bowl

Directions

- ☐
- In a medium bowl, cream together the cream cheese and butter until creamy.
- ☐
- Mix in the vanilla, then gradually stir in the confectioners' sugar. Store in the refrigerator after use.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:2.26, Inflammation Score:-9, Nutrition Score:8.7100000355555%

Nutrients (% of daily need)

Calories: 1115.5kcal (55.77%), Fat: 82.7g (127.22%), Saturated Fat: 49.99g (312.43%), Carbohydrates: 88.38g (29.46%), Net Carbohydrates: 88.38g (32.14%), Sugar: 84.12g (93.46%), Cholesterol: 234.05mg (78.02%), Sodium: 719.75mg (31.29%), Alcohol: 0.46g (100%), Alcohol %: 0.22% (100%), Protein: 9.62g (19.24%), Vitamin A: 2976.04IU (59.52%), Vitamin B2: 0.38mg (22.18%), Selenium: 13.86µg (19.8%), Phosphorus: 170.94mg (17.09%), Calcium: 156.69mg (15.67%), Vitamin E: 2.18mg (14.52%), Vitamin B5: 0.9mg (9.04%), Vitamin B12: 0.4µg (6.62%), Potassium: 212.23mg (6.06%), Vitamin K: 5.82µg (5.55%), Zinc: 0.8mg (5.33%), Vitamin B6: 0.09mg (4.31%), Folate: 14.74µg (3.69%), Magnesium: 14.52mg (3.63%), Vitamin B1: 0.04mg (2.45%), Copper: 0.03mg (1.69%), Iron: 0.22mg (1.24%), Manganese: 0.02mg (1.14%)