



Cream Cheese Icing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



137 kcal

FROSTING

ICING

Ingredients

- ☐ 5 ounces cream cheese softened
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 1 cup powdered sugar
- ☐ 0.3 cup butter unsalted softened
- ☐ 0.3 teaspoon vanilla extract

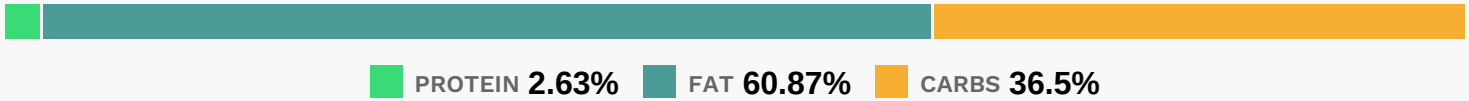
Equipment

- ☐ hand mixer

Directions

- ☐
- Beat cream cheese and butter at medium speed with an electric mixer until creamy.
- ☐
- Add remaining ingredients, beating until smooth. Cover and chill 30 minutes or until spreading consistency.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:0.93739129764878%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg

Nutrients (% of daily need)

Calories: 137.32kcal (6.87%), Fat: 9.48g (14.58%), Saturated Fat: 5.78g (36.12%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 12.79g (4.65%), Sugar: 12.29g (13.66%), Cholesterol: 26.52mg (8.84%), Sodium: 45.38mg (1.97%), Alcohol: 0.03g (100%), Alcohol %: 0.14% (100%), Protein: 0.92g (1.84%), Vitamin A: 332.2IU (6.64%), Vitamin B2: 0.04mg (2.17%), Selenium: 1.35µg (1.93%), Vitamin E: 0.25mg (1.69%), Phosphorus: 16.56mg (1.66%), Calcium: 15.26mg (1.53%)