

Cream Cheese Icing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



242 kcal

FROSTING

ICING

Ingredients

- ☐ 1 tablespoon butter light
- ☐ 8 ounce neufchâtel cheese
- ☐ 1 pound powdered sugar sifted
- ☐ 1 teaspoon vanilla extract

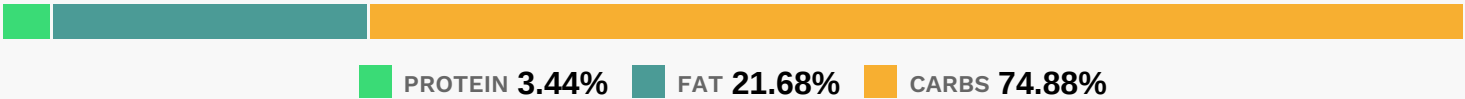
Equipment

- ☐ blender

Directions

- ☐ Cream butter and cheese at high speed of a mixer until fluffy.
- ☐ Add sugar; beat at low speed until well-blended.
- ☐ Add vanilla; beat well.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.0426086925942%

Nutrients (% of daily need)

Calories: 241.96kcal (12.1%), Fat: 5.94g (9.14%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 46.13g (15.38%), Net Carbohydrates: 46.13g (16.78%), Sugar: 45.14g (50.15%), Cholesterol: 18.27mg (6.09%), Sodium: 77.2mg (3.36%), Alcohol: 0.14g (100%), Alcohol %: 0.25% (100%), Protein: 2.12g (4.24%), Vitamin A: 214.51IU (4.29%), Phosphorus: 31.8mg (3.18%), Calcium: 27.7mg (2.77%), Vitamin B2: 0.05mg (2.65%), Selenium: 0.97µg (1.38%), Vitamin B5: 0.13mg (1.31%), Zinc: 0.19mg (1.3%), Vitamin B12: 0.07µg (1.16%), Potassium: 36.97mg (1.06%)