



Cream Cheese Syrup



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 8 oz cream cheese softened
- ☐ 0.3 cup maple syrup
- ☐ 0.3 cup milk
- ☐ 1 cup powdered sugar
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl

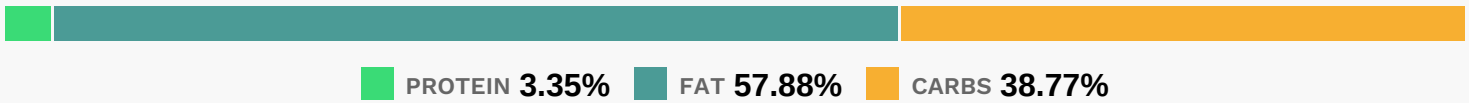
- ☐ hand mixer
- ☐ microwave

Directions

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Beat cream cheese, butter, maple syrup, and vanilla at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating until smooth. Gradually add milk, beating until smooth. If desired, microwave in a microwave-safe bowl at HIGH 10 to 15 seconds or just until warm; stir until smooth.

Nutrition Facts



Properties

Glycemic Index:15.15, Glycemic Load:2.43, Inflammation Score:-3, Nutrition Score:2.2860869914293%

Nutrients (% of daily need)

Calories: 193.3kcal (9.66%), Fat: 12.6g (19.38%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 18.99g (6.91%), Sugar: 17.76g (19.73%), Cholesterol: 35.84mg (11.95%), Sodium: 111.02mg (4.83%), Alcohol: 0.14g (100%), Alcohol %: 0.32% (100%), Protein: 1.64g (3.29%), Vitamin B2: 0.17mg (9.85%), Manganese: 0.19mg (9.46%), Vitamin A: 456.29IU (9.13%), Calcium: 39.8mg (3.98%), Phosphorus: 31.81mg (3.18%), Selenium: 2.2µg (3.14%), Vitamin E: 0.33mg (2.2%), Potassium: 59.39mg (1.7%), Vitamin B5: 0.16mg (1.58%), Vitamin B12: 0.09µg (1.54%), Zinc: 0.2mg (1.34%), Magnesium: 4.63mg (1.16%)