



## Cream Cheesy Vegan Frosting

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



265 kcal

FROSTING

ICING

### Ingredients

- 0.5 teaspoon almond extract
- 0.3 cup dairy-free margarine
- 3 cups powdered sugar
- 1 teaspoon vanilla
- 8 ounces vegan "cream cheese" softened

### Equipment

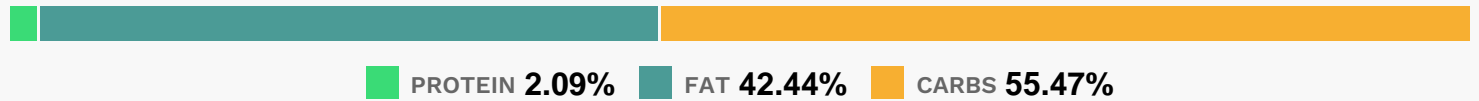
- bowl
- blender

hand mixer

## Directions

- Using an electric mixer or in a large bowl with a hand held mixer, place the "cream cheese" and margarine, and cream them together.
- Add the sugar, vanilla, and almond extract, and continue to beat the mixture until light and fluffy.

## Nutrition Facts



## Properties

Glycemic Index:2.7, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:1.9773913242895%

## Nutrients (% of daily need)

Calories: 265.07kcal (13.25%), Fat: 12.67g (19.49%), Saturated Fat: 5.84g (36.49%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 37.27g (13.55%), Sugar: 36.14g (40.15%), Cholesterol: 22.91mg (7.64%), Sodium: 120.65mg (5.25%), Alcohol: 0.21g (100%), Alcohol %: 0.39% (100%), Protein: 1.41g (2.81%), Vitamin A: 592.29IU (11.85%), Vitamin E: 1.65mg (11.01%), Vitamin K: 4.66µg (4.44%), Vitamin B2: 0.06mg (3.5%), Selenium: 2.17µg (3.09%), Phosphorus: 24.6mg (2.46%), Calcium: 22.43mg (2.24%), Vitamin B5: 0.13mg (1.29%)