



Creamy Chocolate Hazelnut Frosting



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



202 kcal

FROSTING

ICING

Ingredients



1 cup chocolate-hazelnut spread jif® (such as Mocha Capuccino-Flavored Hazelnut Spread)



8 ounce cream cheese



1.5 teaspoons cream sherry



1 tablespoon milk

Equipment



bowl

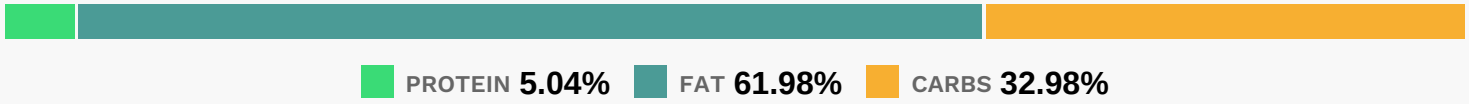


hand mixer

Directions

- ☐
- Beat cream cheese in a bowl with an electric hand mixer until softened.
- ☐
- Add hazelnut spread, milk, and cream sherry; continue beating until smoothly combined into a frosting.

Nutrition Facts



Properties

Glycemic Index:9.11, Glycemic Load:4.49, Inflammation Score:-2, Nutrition Score:3.6239130717257%

Nutrients (% of daily need)

Calories: 202.16kcal (10.11%), Fat: 13.97g (21.49%), Saturated Fat: 10.94g (68.38%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 15.37g (5.59%), Sugar: 14.28g (15.86%), Cholesterol: 19.24mg (6.41%), Sodium: 70.1mg (3.05%), Alcohol: 0.06g (100%), Alcohol %: 0.18% (100%), Protein: 2.56g (5.11%), Manganese: 0.22mg (10.99%), Vitamin E: 1.4mg (9.35%), Iron: 1.12mg (6.21%), Copper: 0.12mg (6.03%), Phosphorus: 59.6mg (5.96%), Fiber: 1.35g (5.4%), Vitamin B2: 0.09mg (5.16%), Vitamin A: 256.6IU (5.13%), Calcium: 46.93mg (4.69%), Magnesium: 17.91mg (4.48%), Potassium: 129.02mg (3.69%), Selenium: 2.55µg (3.64%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.2mg (2.02%), Vitamin B12: 0.12µg (1.93%), Vitamin B1: 0.03mg (1.76%), Vitamin B6: 0.03mg (1.61%), Folate: 5.21µg (1.3%)