



Creamy Cream Cheese Frosting

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



162 kcal

FROSTING

ICING

Ingredients

- 1.8 cups confectioners' sugar
- 3 ounce cream cheese
- 8 ounce non-dairy whipped topping frozen thawed

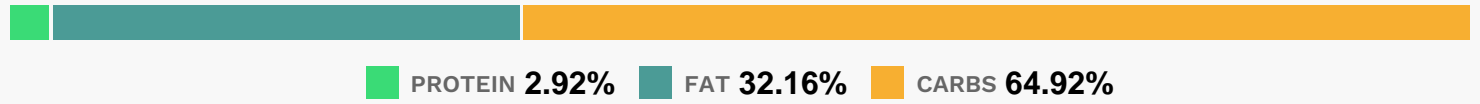
Equipment

- bowl

Directions

In a large bowl, beat cream cheese and sugar until smooth. Fold in whipped topping.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:0.86695651386095%

Nutrients (% of daily need)

Calories: 162.26kcal (8.11%), Fat: 5.9g (9.07%), Saturated Fat: 4.28g (26.75%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 26.78g (9.74%), Sugar: 26.21g (29.12%), Cholesterol: 9.04mg (3.01%), Sodium: 43.45mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin A: 131IU (2.62%), Phosphorus: 25.88mg (2.59%), Vitamin B2: 0.04mg (2.59%), Calcium: 24.56mg (2.46%), Selenium: 1.4µg (2%), Vitamin E: 0.19mg (1.24%), Vitamin B12: 0.06µg (1.07%)