



Crème de Menthe Buttercream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



11

CALORIES



344 kcal

SIDE DISH

Ingredients

- 0.8 cup butter softened
- 8 ounce cream cheese softened
- 11 servings liquid food coloring green
- 0.5 teaspoon peppermint extract
- 16 ounce powdered sugar

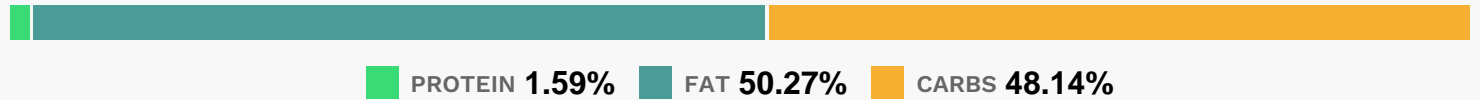
Equipment

- hand mixer

Directions

- Beat butter and cream cheese together at high speed with an electric mixer until fluffy.
- Add powdered sugar; beat at low speed until smooth.
- Add peppermint extract, beating until fluffy. Tint with desired amount of food coloring, stirring until blended.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:1.6213043656038%

Nutrients (% of daily need)

Calories: 344.06kcal (17.2%), Fat: 19.64g (30.22%), Saturated Fat: 12.12g (75.75%), Carbohydrates: 42.32g (14.11%), Net Carbohydrates: 42.32g (15.39%), Sugar: 41.14g (45.71%), Cholesterol: 54.1mg (18.03%), Sodium: 165.1mg (7.18%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 1.4g (2.8%), Vitamin A: 663.67IU (13.27%), Vitamin E: 0.54mg (3.58%), Vitamin B2: 0.06mg (3.57%), Selenium: 2.18µg (3.11%), Phosphorus: 25.79mg (2.58%), Calcium: 24.15mg (2.41%), Vitamin K: 1.52µg (1.44%), Vitamin B5: 0.13mg (1.35%), Vitamin B12: 0.07µg (1.19%)