



Crème de Menthe Frosting



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



365 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup butter softened
- ☐ 4 tablespoons crème de cassis liqueur green
- ☐ 0.5 cup milk
- ☐ 2 lb powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 2 teaspoons vanilla extract

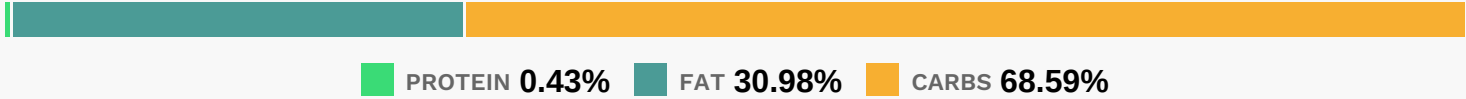
Equipment

- ☐ hand mixer

Directions

☐ Beat butter at medium speed with an electric mixer until creamy; gradually add powdered sugar alternately with milk and crme de menthe, beating at low speed just until blended after each addition. Stir in vanilla and salt.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:0.94391303347505%

Nutrients (% of daily need)

Calories: 365.03kcal (18.25%), Fat: 12.55g (19.3%), Saturated Fat: 7.93g (49.57%), Carbohydrates: 62.48g (20.83%), Net Carbohydrates: 62.48g (22.72%), Sugar: 61.28g (68.09%), Cholesterol: 33.51mg (11.17%), Sodium: 121.23mg (5.27%), Alcohol: 1.38g (100%), Alcohol %: 1.97% (100%), Protein: 0.4g (0.79%), Vitamin A: 391.36IU (7.83%), Vitamin E: 0.36mg (2.37%), Vitamin B2: 0.03mg (1.67%), Calcium: 14.31mg (1.43%), Phosphorus: 11.88mg (1.19%), Vitamin B12: 0.07µg (1.16%), Vitamin K: 1.08µg (1.03%)