



## Double Shot Latte Buttercream

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



295 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup butter softened
- 3 oz cream cheese softened
- 1.5 tablespoons espresso powder instant
- 3 Tbsp milk
- 16 oz powdered sugar
- 2 teaspoons vanilla extract

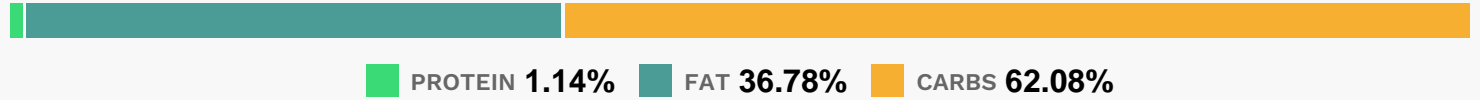
### Equipment

- hand mixer

## Directions

- Beat first 4 ingredients at medium speed with an electric mixer until creamy.
- Gradually add powdered sugar alternately with 3 Tbsp. milk, beating at low speed until blended and smooth after each addition.
- If desired, beat in remaining 1 Tbsp. milk, 1 tsp. at a time, until desired consistency.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:1.2213043531646%

## Nutrients (% of daily need)

Calories: 295.25kcal (14.76%), Fat: 12.28g (18.89%), Saturated Fat: 7.64g (47.73%), Carbohydrates: 46.62g (15.54%), Net Carbohydrates: 46.62g (16.95%), Sugar: 45.01g (50.01%), Cholesterol: 33.53mg (11.18%), Sodium: 102.65mg (4.46%), Alcohol: 0.28g (100%), Alcohol %: 0.49% (100%), Caffeine: 23.55mg (7.85%), Protein: 0.86g (1.72%), Vitamin A: 405.15IU (8.1%), Vitamin B2: 0.04mg (2.33%), Vitamin E: 0.34mg (2.26%), Phosphorus: 18.69mg (1.87%), Selenium: 1.3µg (1.85%), Calcium: 18.11mg (1.81%), Potassium: 49.34mg (1.41%), Vitamin B3: 0.23mg (1.16%), Vitamin B12: 0.06µg (1.04%), Magnesium: 4.08mg (1.02%)