



Fat-Free Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



117 kcal

FROSTING

ICING

Ingredients

- 8 ounces weight cream cheese fat-free
- 0.5 cup skim milk fat-free cold
- 0.5 cup grapefruit juice
- 6.8 ounces vanilla pudding instant
- 8 ounces cool whip fat-free frozen thawed

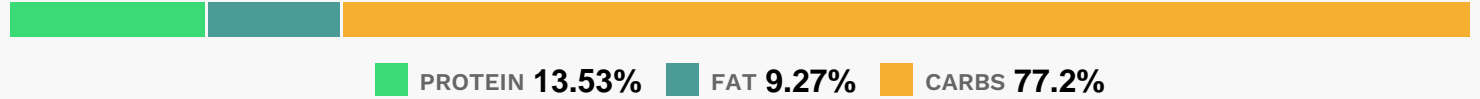
Equipment

- bowl

Directions

- In a large bowl, beat cream cheese until fluffy; gradually beat in juice and milk.
- Add pudding mix. Beat on medium speed for 2 minutes. Fold in whipped topping. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.77, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:3.0469565197178%

Nutrients (% of daily need)

Calories: 116.88kcal (5.84%), Fat: 1.22g (1.87%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 22.6g (8.22%), Sugar: 18.4g (20.45%), Cholesterol: 5.6mg (1.87%), Sodium: 252.68mg (10.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Phosphorus: 124.02mg (12.4%), Vitamin B2: 0.18mg (10.74%), Calcium: 101.81mg (10.18%), Vitamin B12: 0.52µg (8.64%), Vitamin C: 2.65mg (3.21%), Potassium: 109.14mg (3.12%), Vitamin B1: 0.04mg (2.75%), Zinc: 0.4mg (2.67%), Selenium: 1.84µg (2.63%), Folate: 10.23µg (2.56%), Vitamin B5: 0.2mg (2.05%), Magnesium: 7.88mg (1.97%), Vitamin B6: 0.04mg (1.93%), Vitamin A: 64.6IU (1.29%)