



Fluffy Cheesecake Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

Ingredients

- 2 cups milk fat-free
- 1 ounce cheesecake pudding mix sugar-free instant
- 4 ounces cream cheese light tub-style softened
- 2 cups non-dairy whipped topping fat-free frozen thawed

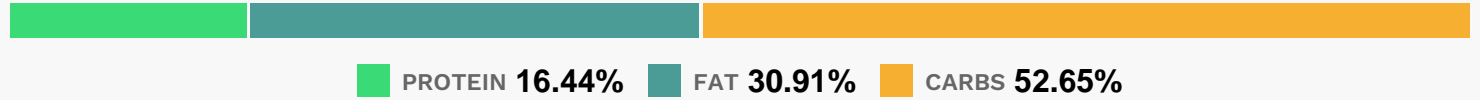
Equipment

- bowl
- blender

Directions

- Combine first 3 ingredients in a medium bowl. Beat with a mixer at low speed 2 minutes or until thick. Fold in whipped topping. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:8.31, Glycemic Load:1.99, Inflammation Score:-4, Nutrition Score:7.4791304248831%

Nutrients (% of daily need)

Calories: 181.79kcal (9.09%), Fat: 6.31g (9.71%), Saturated Fat: 3.72g (23.22%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 24.04g (8.74%), Sugar: 19.29g (21.44%), Cholesterol: 24.98mg (8.33%), Sodium: 277.16mg (12.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.1%), Vitamin B2: 0.44mg (26.18%), Vitamin B12: 1.53µg (25.44%), Calcium: 244.16mg (24.42%), Phosphorus: 199.67mg (19.97%), Vitamin D: 1.43µg (9.55%), Vitamin A: 472.01IU (9.44%), Vitamin B1: 0.14mg (9.03%), Potassium: 315.1mg (9%), Vitamin B5: 0.68mg (6.77%), Selenium: 4.71µg (6.73%), Vitamin B6: 0.13mg (6.5%), Zinc: 0.83mg (5.53%), Magnesium: 19.97mg (4.99%), Folate: 14.21µg (3.55%), Vitamin B3: 0.32mg (1.58%)