



WHATSheATE

Fluffy Peanut Butter Frosting



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



411 kcal

CONDIMENT

DIP

SPREAD

Ingredients



0.5 cup butter softened



2 cups confectioners' sugar



1 cup creamy peanut butter

Equipment



bowl

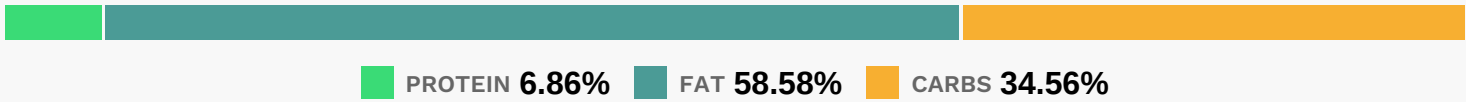


hand mixer

Directions

☐ Place the butter and peanut butter into a medium bowl, and beat with an electric mixer. Gradually mix in the sugar, and when it starts to get thick, incorporate milk one tablespoon at a time until all of the sugar is mixed in and the frosting is thick and spreadable. Beat for at least 3 minutes for it to get good and fluffy.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:6.8247826578824%

Nutrients (% of daily need)

Calories: 410.96kcal (20.55%), Fat: 27.99g (43.06%), Saturated Fat: 10.55g (65.94%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 35.59g (12.94%), Sugar: 32.73g (36.37%), Cholesterol: 30.5mg (10.17%), Sodium: 230.18mg (10.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.75%), Manganese: 0.47mg (23.7%), Vitamin E: 3.27mg (21.78%), Vitamin B3: 4.3mg (21.48%), Magnesium: 54.79mg (13.7%), Phosphorus: 112.73mg (11.27%), Vitamin B6: 0.14mg (7.18%), Vitamin A: 354.55IU (7.09%), Folate: 28.16µg (7.04%), Copper: 0.14mg (6.88%), Fiber: 1.55g (6.19%), Zinc: 0.83mg (5.57%), Potassium: 185.9mg (5.31%), Vitamin B2: 0.07mg (4.24%), Vitamin B5: 0.36mg (3.57%), Iron: 0.58mg (3.22%), Vitamin B1: 0.05mg (3.01%), Selenium: 1.64µg (2.35%), Calcium: 19.51mg (1.95%), Vitamin K: 1.09µg (1.04%)