



Georgia Peach Buttercream Frosting

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



323 kcal

FROSTING

ICING

Ingredients

- 0.8 cup butter softened
- 8 oz peaches fresh peeled chopped
- 32 oz powdered sugar

Equipment

- food processor
- blender
- hand mixer

Directions

- Process peach in a blender or food processor until pureed. (Puree should measure about 1/2 cup.)
- Beat butter at medium speed with an electric mixer until creamy; gradually add powdered sugar alternately with pureed peach, beating until well blended after each addition.

Nutrition Facts

PROTEIN 0.28% **FAT 25.09%** **CARBS 74.63%**

Properties

Glycemic Index:6.02, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:0.89739129919073%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 322.99kcal (16.15%), Fat: 9.25g (14.22%), Saturated Fat: 5.84g (36.48%), Carbohydrates: 61.89g (20.63%), Net Carbohydrates: 61.67g (22.42%), Sugar: 60.42g (67.14%), Cholesterol: 24.4mg (8.13%), Sodium: 76.16mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.47%), Vitamin A: 332.93IU (6.66%), Vitamin E: 0.37mg (2.49%), Vitamin K: 1.25µg (1.19%), Vitamin B2: 0.02mg (1.18%), Selenium: 0.79µg (1.13%)