



Ginger-Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



7 min.

SERVINGS



7

CALORIES



499 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter softened
- 8 ounce cream cheese softened
- 1 tablespoon ginger fresh minced
- 4 cups powdered sugar
- 1 teaspoon vanilla extract

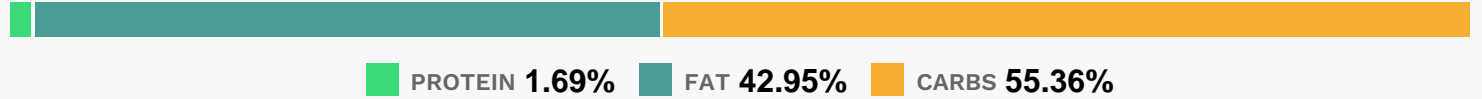
Equipment

- hand mixer

Directions

- Beat first 3 ingredients at medium speed with an electric mixer until light and fluffy. Gradually add powdered sugar, beating until smooth.
- Add vanilla, beating until smooth. Chill 30 minutes or until spreading consistency.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:2.2895652015248%

Nutrients (% of daily need)

Calories: 498.84kcal (24.94%), Fat: 24.3g (37.39%), Saturated Fat: 14.88g (93.01%), Carbohydrates: 70.48g (23.49%), Net Carbohydrates: 70.46g (25.62%), Sugar: 68.38g (75.98%), Cholesterol: 67.58mg (22.53%), Sodium: 207.54mg (9.02%), Alcohol: 0.2g (100%), Alcohol %: 0.21% (100%), Protein: 2.15g (4.3%), Vitamin A: 840.32IU (16.81%), Vitamin B2: 0.09mg (5.53%), Selenium: 3.37µg (4.81%), Vitamin E: 0.66mg (4.38%), Phosphorus: 38.93mg (3.89%), Calcium: 36.23mg (3.62%), Vitamin B5: 0.2mg (2.05%), Vitamin K: 1.82µg (1.73%), Vitamin B12: 0.1µg (1.65%), Potassium: 53.03mg (1.52%), Zinc: 0.19mg (1.25%), Vitamin B6: 0.02mg (1.02%)