



Honey-Cheese Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



789 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 1.5 tablespoons honey
- ☐ 2 cups powdered sugar sifted

Equipment

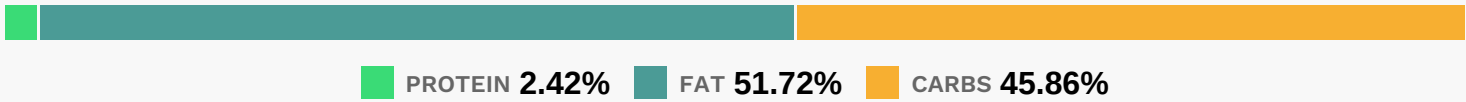
- ☐ hand mixer

Directions

☐

Beat cream cheese, butter, and honey at medium speed with an electric mixer just until smooth. Gradually add powdered sugar, beating at low speed just until blended.

Nutrition Facts



Properties

Glycemic Index:43.09, Glycemic Load:5.65, Inflammation Score:-7, Nutrition Score:4.7313042974666%

Nutrients (% of daily need)

Calories: 788.56kcal (39.43%), Fat: 46.46g (71.48%), Saturated Fat: 28.24g (176.47%), Carbohydrates: 92.68g (30.89%), Net Carbohydrates: 92.66g (33.69%), Sugar: 89.72g (99.69%), Cholesterol: 130.58mg (43.53%), Sodium: 401.58mg (17.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Vitamin A: 1645.59IU (32.91%), Vitamin B2: 0.2mg (11.86%), Selenium: 7.32µg (10.45%), Phosphorus: 87.36mg (8.74%), Vitamin E: 1.24mg (8.24%), Calcium: 80.81mg (8.08%), Vitamin B5: 0.47mg (4.66%), Vitamin B12: 0.21µg (3.49%), Potassium: 112.9mg (3.23%), Vitamin K: 3.35µg (3.19%), Zinc: 0.43mg (2.88%), Vitamin B6: 0.05mg (2.28%), Folate: 7.77µg (1.94%), Magnesium: 7.52mg (1.88%), Vitamin B1: 0.02mg (1.24%), Copper: 0.02mg (1.15%)