



Key Lime Buttercream Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



261 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter softened
- 3 tablespoons juice of lime
- 1.5 teaspoons lime zest
- 1 Tbsp milk
- 16 oz powdered sugar
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

hand mixer

Directions

- Beat first 4 ingredients at medium speed with an electric mixer until creamy.
- Gradually add powdered sugar alternately with Key lime juice, 1 Tbsp. at a time, and 1 Tbsp. milk, beating at low speed until blended and smooth after each addition. Beat in up to 1 Tbsp. additional milk for desired consistency.

Nutrition Facts

PROTEIN 0.25% FAT 31.18% CARBS 68.57%

Properties

Glycemic Index:12, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:0.67913043887719%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 261.09kcal (13.05%), Fat: 9.26g (14.24%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 45.81g (15.27%), Net Carbohydrates: 45.78g (16.65%), Sugar: 44.57g (49.52%), Cholesterol: 24.58mg (8.19%), Sodium: 103.66mg (4.51%), Alcohol: 0.14g (100%), Alcohol %: 0.27% (100%), Protein: 0.17g (0.33%), Vitamin A: 288.47IU (5.77%), Vitamin E: 0.27mg (1.83%), Vitamin C: 1.44mg (1.74%)