



Maple Buttercream

 Vegetarian  Gluten Free  Low Fod Map

READY IN



5 min.

SERVINGS



10

CALORIES



287 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon kosher salt
- 1 cup maple syrup
- 0.8 cup powdered sugar
- 8 ounces butter unsalted at room temperature
- 2 teaspoons vanilla extract

Equipment

- bowl
- whisk

stand mixer

Directions

Combine all ingredients in the bowl of a stand mixer fitter with a whisk attachment and beat on low speed until syrup and sugar are incorporated, about 1 minute. Increase speed to high and beat until mixture is light and whipped, about 5 minutes. Use immediately to frost cupcakes, cakes, or cookies. Refrigerate any leftovers in an airtight container.

Nutrition Facts

 **PROTEIN 0.27%**  **FAT 57.19%**  **CARBS 42.54%**

Properties

Glycemic Index:3.65, Glycemic Load:7.92, Inflammation Score:-3, Nutrition Score:4.110434708064%

Nutrients (% of daily need)

Calories: 286.87kcal (14.34%), Fat: 18.4g (28.3%), Saturated Fat: 11.65g (72.81%), Carbohydrates: 30.79g (10.26%), Net Carbohydrates: 30.79g (11.2%), Sugar: 28.21g (31.35%), Cholesterol: 48.76mg (16.25%), Sodium: 63.78mg (2.77%), Alcohol: 0.28g (100%), Alcohol %: 0.54% (100%), Protein: 0.19g (0.39%), Manganese: 0.74mg (37.19%), Vitamin B2: 0.42mg (24.65%), Vitamin A: 566.76IU (11.34%), Calcium: 40.76mg (4.08%), Vitamin E: 0.53mg (3.51%), Vitamin D: 0.34µg (2.27%), Potassium: 79.27mg (2.26%), Magnesium: 7.31mg (1.83%), Zinc: 0.25mg (1.65%), Vitamin K: 1.59µg (1.51%), Vitamin B1: 0.02mg (1.5%)