



Maple-Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 lb butter at room temperature
- ☐ 4 ounces cream cheese at room temperature
- ☐ 0.8 cup maple syrup
- ☐ 0.5 cup powdered sugar

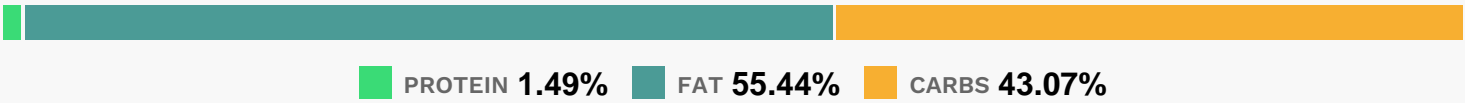
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a 1- to 1 1/2-quart pan over medium-high heat, bring maple syrup to a boil. Reduce heat and simmer, swirling pan occasionally, until reduced by about a third, 10 to 12 minutes.
- ☐ Pour into a glass measure nested in a bowl of ice water and stir constantly until syrup is very thick and barely warm to touch, 3 to 4 minutes.
- ☐ Remove from ice water. In a bowl, with a mixer on low speed, beat cream cheese and butter until well blended. Beat in powdered sugar. Scrape in reduced syrup; beat until smooth.

Nutrition Facts



Properties

Glycemic Index:18.92, Glycemic Load:10.19, Inflammation Score:-4, Nutrition Score:5.5186956298092%

Nutrients (% of daily need)

Calories: 349.23kcal (17.46%), Fat: 21.83g (33.58%), Saturated Fat: 13.53g (84.58%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 38.16g (13.87%), Sugar: 34.62g (38.47%), Cholesterol: 59.72mg (19.91%), Sodium: 184.69mg (8.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Manganese: 0.93mg (46.41%), Vitamin B2: 0.56mg (33.12%), Vitamin A: 726.13IU (14.52%), Calcium: 66.84mg (6.68%), Vitamin E: 0.6mg (4.01%), Potassium: 120.25mg (3.44%), Selenium: 1.87µg (2.68%), Zinc: 0.39mg (2.63%), Magnesium: 10.53mg (2.63%), Phosphorus: 24.76mg (2.48%), Vitamin B1: 0.03mg (2.12%), Vitamin K: 1.72µg (1.64%), Vitamin B5: 0.13mg (1.29%), Vitamin B12: 0.07µg (1.23%)