

Maple Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



533 kcal

FROSTING

ICING

Ingredients

- 0.7 cup butter softened
- 4 cups powdered sugar
- 11 ounces cream cheese softened
- 0.3 cup maple syrup

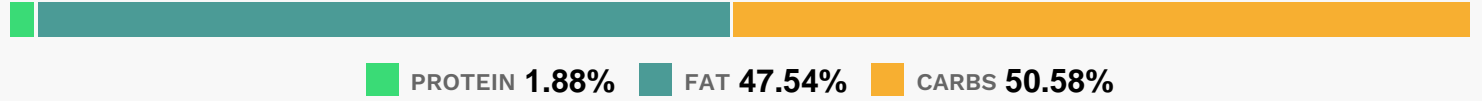
Equipment

- bowl

Directions

- Beat the cream cheese and butter together in a large bowl until well combined; add 4 cups of confectioner's sugar and maple syrup and beat until smooth. Store in refrigerator until needed.

Nutrition Facts



Properties

Glycemic Index:14.19, Glycemic Load:3.06, Inflammation Score:-5, Nutrition Score:3.6143478181051%

Nutrients (% of daily need)

Calories: 532.63kcal (26.63%), Fat: 28.75g (44.23%), Saturated Fat: 17.6g (109.98%), Carbohydrates: 68.82g (22.94%), Net Carbohydrates: 68.82g (25.03%), Sugar: 66.19g (73.54%), Cholesterol: 80.04mg (26.68%), Sodium: 246.14mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin A: 996.24IU (19.92%), Vitamin B2: 0.24mg (13.84%), Manganese: 0.24mg (11.91%), Selenium: 3.9µg (5.57%), Calcium: 53.92mg (5.39%), Vitamin E: 0.77mg (5.16%), Phosphorus: 46.25mg (4.62%), Vitamin B5: 0.24mg (2.43%), Potassium: 79.83mg (2.28%), Vitamin K: 2.14µg (2.04%), Vitamin B12: 0.12µg (1.97%), Zinc: 0.29mg (1.92%), Magnesium: 6mg (1.5%), Vitamin B6: 0.02mg (1.12%), Vitamin B1: 0.02mg (1.1%), Folate: 4.08µg (1.02%)