

## Maple Icing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1026 kcal

FROSTING

ICING

## Ingredients

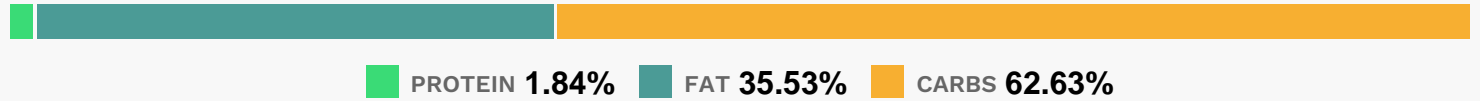
- 0.3 cup butter
- 4 cups powdered sugar
- 8 ounce cream cheese
- 0.5 teaspoon maple extract flavored
- 1 teaspoon vanilla extract

## Equipment

## Directions

- Cream together the cheese and butter or margarine. Stir in the confectioner's sugar and flavorings.
- Mix well.

## Nutrition Facts



## Properties

Glycemic Index:25.67, Glycemic Load:1.13, Inflammation Score:-6, Nutrition Score:4.5260870158672%

## Nutrients (% of daily need)

Calories: 1026.47kcal (51.32%), Fat: 41.35g (63.61%), Saturated Fat: 24.99g (156.21%), Carbohydrates: 164.03g (54.68%), Net Carbohydrates: 164.03g (59.65%), Sugar: 159.5g (177.23%), Cholesterol: 117.03mg (39.01%), Sodium: 362.33mg (15.75%), Alcohol: 0.46g (100%), Alcohol %: 0.23% (100%), Protein: 4.81g (9.62%), Vitamin A: 1488.02IU (29.76%), Vitamin B2: 0.21mg (12.47%), Selenium: 7.65µg (10.93%), Phosphorus: 85.51mg (8.55%), Calcium: 79.62mg (7.96%), Vitamin E: 1.09mg (7.26%), Vitamin B5: 0.45mg (4.52%), Vitamin B12: 0.2µg (3.31%), Potassium: 109.5mg (3.13%), Vitamin K: 2.91µg (2.77%), Zinc: 0.41mg (2.75%), Vitamin B6: 0.04mg (2.16%), Magnesium: 7.34mg (1.84%), Folate: 7.37µg (1.84%), Copper: 0.03mg (1.29%), Vitamin B1: 0.02mg (1.23%), Iron: 0.18mg (1.03%)