



Nutty Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1274 kcal

FROSTING

ICING

Ingredients

- 0.3 cup butter softened
- 4 cups powdered sugar sifted
- 8 ounce cream cheese
- 1 cup pecans chopped

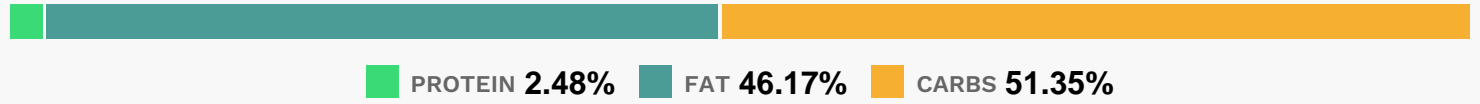
Equipment

- bowl

Directions

- In a large bowl, beat softened butter and cream cheese until well blended.
- Add powdered sugar and vanilla. Beat until creamy and add chopped nuts.
- Spread on cooled cake.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:1.29, Inflammation Score:-7, Nutrition Score:13.146086836639%

Flavonoids

Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg, Cyanidin: 3.9mg Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg, Delphinidin: 2.65mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg, Epigallocatechin: 2.05mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg, Epigallocatechin 3-gallate: 0.84mg

Nutrients (% of daily need)

Calories: 1273.69kcal (63.68%), Fat: 67.51g (103.86%), Saturated Fat: 27.24g (170.25%), Carbohydrates: 168.91g (56.3%), Net Carbohydrates: 165.43g (60.16%), Sugar: 160.78g (178.64%), Cholesterol: 117.03mg (39.01%), Sodium: 362.21mg (15.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Manganese: 1.65mg (82.49%), Vitamin A: 1508.37IU (30.17%), Copper: 0.46mg (23.04%), Phosphorus: 186.07mg (18.61%), Vitamin B1: 0.26mg (17.21%), Vitamin B2: 0.26mg (15.17%), Fiber: 3.49g (13.95%), Zinc: 2.06mg (13.71%), Selenium: 9.03µg (12.9%), Magnesium: 51.15mg (12.79%), Vitamin E: 1.6mg (10.65%), Calcium: 104.9mg (10.49%), Vitamin B5: 0.77mg (7.65%), Potassium: 256.5mg (7.33%), Iron: 1.1mg (6.12%), Vitamin B6: 0.12mg (5.96%), Vitamin K: 4.18µg (3.98%), Folate: 15.36µg (3.84%), Vitamin B12: 0.2µg (3.31%), Vitamin B3: 0.5mg (2.51%)