



## Orange Buttercream

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



292 kcal

SIDE DISH

### Ingredients

- 0.5 cup butter softened
- 3 oz cream cheese softened
- 2 tablespoons milk
- 2 tablespoons orange juice fresh
- 1 tablespoon orange zest
- 16 oz powdered sugar

### Equipment

- hand mixer

## Directions

- Beat first 3 ingredients at medium speed with an electric mixer until creamy.
- Gradually add powdered sugar alternately with 1 Tbsp. milk and orange juice, beating at low speed until blended and smooth after each addition.
- If desired, beat in remaining 1 Tbsp. milk, 1 tsp. at a time, until desired consistency. Beat in food coloring until blended, if desired.

## Nutrition Facts

 PROTEIN **1.01%**  FAT **36.87%**  CARBS **62.12%**

## Properties

Glycemic Index:16.7, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:1.2221738968206%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 291.51kcal (14.58%), Fat: 12.23g (18.82%), Saturated Fat: 7.61g (47.55%), Carbohydrates: 46.39g (15.46%), Net Carbohydrates: 46.32g (16.84%), Sugar: 45.12g (50.13%), Cholesterol: 33.35mg (11.12%), Sodium: 101.78mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.5%), Vitamin A: 412.04IU (8.24%), Vitamin C: 2.52mg (3.05%), Vitamin E: 0.34mg (2.27%), Vitamin B2: 0.04mg (2.22%), Selenium: 1.18µg (1.69%), Calcium: 16.46mg (1.65%), Phosphorus: 15.56mg (1.56%)