



Peanut Butter Frosting

 Vegetarian  Gluten Free  Popular

READY IN



15 min.

SERVINGS



3

CALORIES



1497 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup butter
- 4 cups confectioners' sugar
- 0.3 cup cup heavy whipping cream
- 1 cup creamy peanut butter

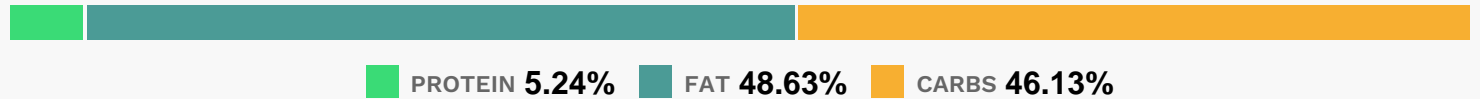
Equipment

- bowl

Directions

- In a large bowl, beat butter and peanut butter until light and fluffy. Slowly beat in 1/2 of the confectioner's sugar.
- Mix in 1/4 cup of the cream. Beat in the remaining confectioners' sugar. If necessary, add a little more cream or milk until the frosting reaches a good spreading consistency. Makes enough to frost one 2 layer 9 inch cake or one 9x13 inch cake.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:2.12, Inflammation Score:-8, Nutrition Score:19.393913173157%

Nutrients (% of daily need)

Calories: 1497kcal (74.85%), Fat: 84.18g (129.5%), Saturated Fat: 34.21g (213.84%), Carbohydrates: 179.63g (59.88%), Net Carbohydrates: 175.5g (63.82%), Sugar: 166.3g (184.78%), Cholesterol: 111.22mg (37.07%), Sodium: 622.55mg (27.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.85%), Manganese: 1.27mg (63.37%), Vitamin E: 8.96mg (59.7%), Vitamin B3: 11.47mg (57.35%), Magnesium: 147.95mg (36.99%), Phosphorus: 315.96mg (31.6%), Vitamin A: 1334.19IU (26.68%), Vitamin B6: 0.39mg (19.61%), Folate: 76.15µg (19.04%), Copper: 0.38mg (18.77%), Fiber: 4.13g (16.51%), Zinc: 2.3mg (15.32%), Vitamin B2: 0.26mg (15.13%), Potassium: 522.44mg (14.93%), Vitamin B5: 1.02mg (10.21%), Iron: 1.62mg (8.99%), Vitamin B1: 0.13mg (8.39%), Selenium: 5.66µg (8.08%), Calcium: 70.27mg (7.03%), Vitamin K: 3.75µg (3.57%), Vitamin D: 0.42µg (2.82%), Vitamin B12: 0.11µg (1.78%)