



Peanut Butter Frosting



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



175 kcal

CONDIMENT

DIP

SPREAD

Ingredients

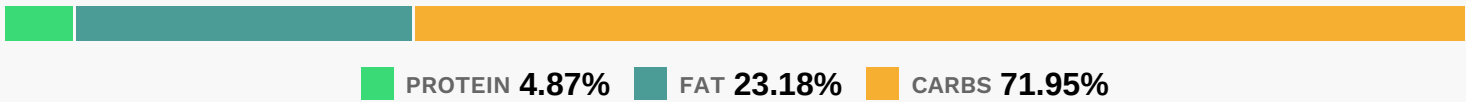
- ☐ 0.5 cup creamy peanut butter
- ☐ 0.5 cup milk
- ☐ 16 ounce powdered sugar sifted
- ☐ 1 teaspoon vanilla extract

Equipment

Directions

- ☐
- Cream peanut butter; gradually add half of sugar, beating well.
- ☐
- Add remaining sugar alternating with milk, beating until smooth enough to spread.
- ☐
- Add vanilla; beat well.

Nutrition Facts



Properties

Glycemic Index:3.47, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:1.9743478345158%

Nutrients (% of daily need)

Calories: 174.62kcal (8.73%), Fat: 4.66g (7.16%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 32.1g (11.67%), Sugar: 30.9g (34.34%), Cholesterol: 0.98mg (0.33%), Sodium: 40.61mg (1.77%), Alcohol: 0.09g (100%), Alcohol %: 0.25% (100%), Protein: 2.2g (4.4%), Manganese: 0.13mg (6.41%), Vitamin B3: 1.15mg (5.77%), Vitamin E: 0.79mg (5.25%), Magnesium: 15.54mg (3.89%), Phosphorus: 37.38mg (3.74%), Vitamin B6: 0.04mg (2.16%), Vitamin B2: 0.03mg (1.98%), Copper: 0.04mg (1.93%), Folate: 7.4µg (1.85%), Potassium: 61.7mg (1.76%), Zinc: 0.26mg (1.7%), Fiber: 0.41g (1.65%), Calcium: 14.55mg (1.45%), Vitamin B5: 0.12mg (1.22%), Vitamin B1: 0.02mg (1.1%)