



Peanut Buttercream



Vegetarian



Gluten Free

READY IN



6 min.

SERVINGS



6

CALORIES



658 kcal

SIDE DISH

Ingredients

- ☐ 9 tablespoons butter softened
- ☐ 0.3 cup creamy peanut butter
- ☐ 0.5 cup milk
- ☐ 5.5 cups powdered sugar
- ☐ 1.5 teaspoons vanilla extract

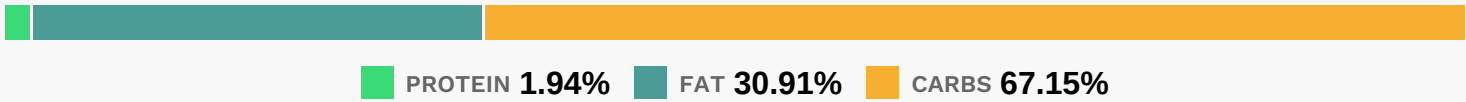
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Beat butter and peanut butter in a large bowl at medium speed with an electric mixer until blended.
- ☐ Combine milk and vanilla. Gradually add sugar and vanilla milk, 1 tablespoon at a time, beating until spreading consistency.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:3.7039130563321%

Nutrients (% of daily need)

Calories: 657.73kcal (32.89%), Fat: 23.18g (35.65%), Saturated Fat: 12.26g (76.61%), Carbohydrates: 113.27g (37.76%), Net Carbohydrates: 112.75g (41%), Sugar: 109.83g (122.03%), Cholesterol: 47.59mg (15.86%), Sodium: 191.16mg (8.31%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Protein: 3.26g (6.53%), Vitamin A: 557.73IU (11.15%), Vitamin E: 1.48mg (9.84%), Manganese: 0.17mg (8.26%), Vitamin B3: 1.46mg (7.32%), Phosphorus: 62.08mg (6.21%), Magnesium: 21.15mg (5.29%), Vitamin B2: 0.08mg (4.56%), Calcium: 36.53mg (3.65%), Vitamin B6: 0.06mg (3.05%), Potassium: 99.85mg (2.85%), Copper: 0.05mg (2.69%), Zinc: 0.39mg (2.58%), Folate: 9.88µg (2.47%), Selenium: 1.7µg (2.42%), Vitamin B12: 0.15µg (2.42%), Vitamin B5: 0.21mg (2.13%), Fiber: 0.52g (2.06%), Vitamin B1: 0.03mg (1.83%), Vitamin D: 0.22µg (1.49%), Vitamin K: 1.56µg (1.49%), Iron: 0.26mg (1.43%)