



Pecan-Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1041 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup pecans toasted chopped
- ☐ 16 ounce powdered sugar
- ☐ 1 tablespoon vanilla extract

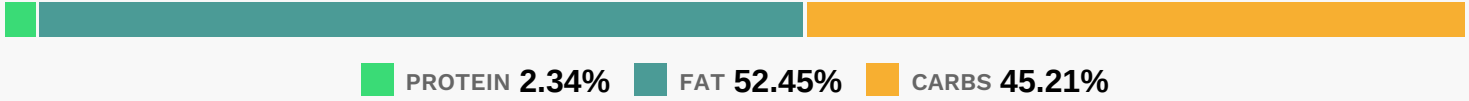
Equipment

- ☐ hand mixer

Directions

☐ Beat first 3 ingredients at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating at low speed until blended. Beat at high speed until smooth; stir in pecans.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.97, Inflammation Score:-7, Nutrition Score:10.441304429718%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg

Nutrients (% of daily need)

Calories: 1040.67kcal (52.03%), Fat: 62.14g (95.6%), Saturated Fat: 27.72g (173.26%), Carbohydrates: 120.52g (40.17%), Net Carbohydrates: 117.9g (42.87%), Sugar: 114.55g (127.27%), Cholesterol: 118.27mg (39.42%), Sodium: 363.05mg (15.78%), Alcohol: 1.12g (100%), Alcohol %: 0.62% (100%), Protein: 6.23g (12.46%), Manganese: 1.24mg (62.22%), Vitamin A: 1485.82IU (29.72%), Copper: 0.35mg (17.37%), Phosphorus: 143.16mg (14.32%), Vitamin B1: 0.19mg (12.98%), Vitamin B2: 0.2mg (11.77%), Fiber: 2.62g (10.46%), Zinc: 1.56mg (10.39%), Vitamin E: 1.53mg (10.18%), Selenium: 6.88µg (9.82%), Magnesium: 39.03mg (9.76%), Calcium: 82.37mg (8.24%), Vitamin B5: 0.59mg (5.91%), Potassium: 200.46mg (5.73%), Iron: 0.83mg (4.61%), Vitamin B6: 0.09mg (4.53%), Vitamin K: 4.13µg (3.93%), Folate: 11.95µg (2.99%), Vitamin B12: 0.17µg (2.88%), Vitamin B3: 0.4mg (1.98%)