



## Peppermint Cream Cheese Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



1196 kcal

FROSTING

ICING

### Ingredients

- ☐ 1 cup butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 2 teaspoons peppermint extract
- ☐ 2 pound powdered sugar

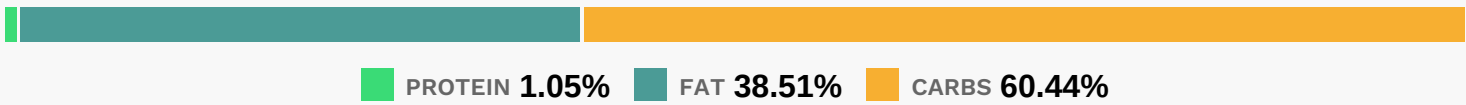
### Equipment

- ☐ hand mixer

# Directions

- ☐ Beat cream cheese and butter at medium speed with an electric mixer until creamy. Gradually add sugar, beating at low speed until smooth.
- ☐ Add extract, beating until blended.
- ☐ \*2 teaspoons vanilla extract may be substituted.
- ☐ For Quick Peppermint Frosting, stir together 3 (16-ounce) containers ready-to-spread cream cheese frosting and 2 teaspoons peppermint extract.

## Nutrition Facts



## Properties

Glycemic Index:5.4, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:4.4995651873557%

## Nutrients (% of daily need)

Calories: 1195.58kcal (59.78%), Fat: 52.15g (80.23%), Saturated Fat: 16.74g (104.65%), Carbohydrates: 184.19g (61.4%), Net Carbohydrates: 184.19g (66.98%), Sugar: 179.35g (199.28%), Cholesterol: 45.81mg (15.27%), Sodium: 574.32mg (24.97%), Alcohol: 0.55g (100%), Alcohol %: 0.25% (100%), Protein: 3.2g (6.4%), Vitamin A: 2233.13IU (44.66%), Vitamin E: 1.8mg (11.98%), Vitamin B2: 0.16mg (9.24%), Selenium: 4.99µg (7.13%), Calcium: 59.61mg (5.96%), Phosphorus: 59.07mg (5.91%), Vitamin B5: 0.3mg (2.97%), Potassium: 84.94mg (2.43%), Vitamin B12: 0.15µg (2.42%), Zinc: 0.25mg (1.64%), Vitamin B6: 0.03mg (1.5%), Magnesium: 5.64mg (1.41%), Folate: 4.54µg (1.13%), Copper: 0.02mg (1.1%), Vitamin B1: 0.02mg (1.01%)