



Peppermint-Cream Frosting



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



224 kcal

FROSTING

ICING

Ingredients



7 oz marshmallow crème



0.1 teaspoon peppermint extract



8 oz non-dairy whipped topping frozen thawed

Equipment

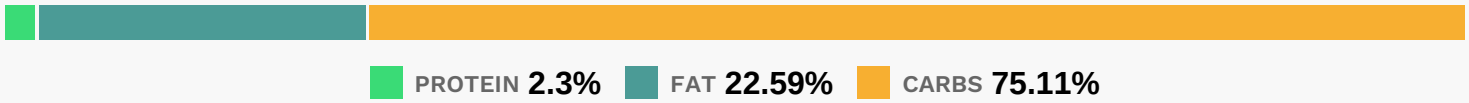


hand mixer

Directions

- ☐
- Beat marshmallow crme, whipped topping, and peppermint extract at high speed with an electric mixer 1 to 2 minutes or until glossy, stiff peaks form.
- ☐
- Note: We tested with Nielsen–Massey Pure Peppermint Extract.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.87608695329855%

Nutrients (% of daily need)

Calories: 224.14kcal (11.21%), Fat: 5.94g (9.14%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 44.45g (16.16%), Sugar: 35.13g (39.03%), Cholesterol: 0.91mg (0.3%), Sodium: 32.67mg (1.42%), Alcohol: 0.03g (100%), Alcohol %: 0.05% (100%), Protein: 1.36g (2.72%), Phosphorus: 33.57mg (3.36%), Calcium: 32.22mg (3.22%), Vitamin B2: 0.04mg (2.41%), Selenium: 1.09µg (1.56%), Vitamin E: 0.23mg (1.51%), Vitamin B12: 0.09µg (1.51%), Vitamin K: 1.45µg (1.38%), Potassium: 45.96mg (1.31%)