



PHILADELPHIA Cream Cheese Frosting

 Gluten Free

READY IN



10 min.

SERVINGS



20

CALORIES



149 kcal

FROSTING

ICING

Ingredients

- 0.3 cup butter softened
- 8 oz philadelphia cream cheese softened
- 16 oz powdered sugar (4 cups)
- 1 tsp vanilla

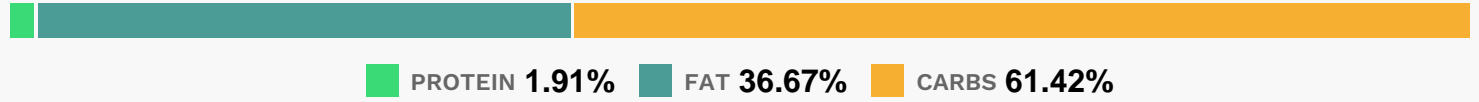
Equipment

- bowl
- blender

Directions

- Beat cream cheese, butter and vanilla in large bowl with mixer until blended.
- Add sugar gradually, beating after each addition until blended.

Nutrition Facts



Properties

Glycemic Index:1.35, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.69956521714187%

Nutrients (% of daily need)

Calories: 148.92kcal (7.45%), Fat: 6.19g (9.52%), Saturated Fat: 2.76g (17.28%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 23.31g (8.48%), Sugar: 22.63g (25.15%), Cholesterol: 11.45mg (3.82%), Sodium: 62.84mg (2.73%), Alcohol: 0.07g (100%), Alcohol %: 0.25% (100%), Protein: 0.72g (1.45%), Vitamin A: 253.79IU (5.08%), Vitamin B2: 0.03mg (1.86%), Selenium: 1.11µg (1.59%), Phosphorus: 12.8mg (1.28%), Vitamin E: 0.19mg (1.24%), Calcium: 12.1mg (1.21%)