



PHILADELPHIA® Walnut Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



375 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter melted (1 stick)
- 8 oz philadelphia cream cheese softened
- 16 oz powdered sugar (4 cups)
- 0.5 cup planters walnut pieces toasted

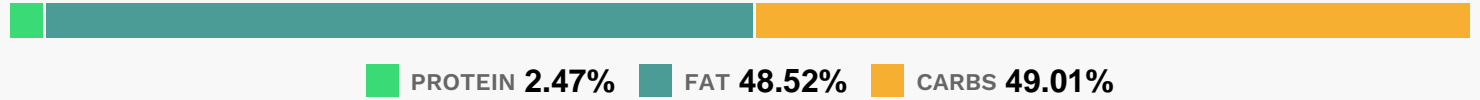
Equipment

- bowl
- hand mixer

Directions

- Beat cream cheese and butter in large bowl with electric mixer on medium speed until well blended.
- Add sugar gradually, beating well after each addition.
- Stir in walnuts.

Nutrition Facts



Properties

Glycemic Index:9.7, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:2.8886956507745%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 375.46kcal (18.77%), Fat: 20.82g (32.03%), Saturated Fat: 10.77g (67.34%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 46.94g (17.07%), Sugar: 45.37g (50.42%), Cholesterol: 47.31mg (15.77%), Sodium: 145.22mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin A: 589.39IU (11.79%), Manganese: 0.2mg (10.2%), Copper: 0.1mg (5.01%), Phosphorus: 47.23mg (4.72%), Vitamin B2: 0.07mg (4.32%), Selenium: 2.62µg (3.75%), Vitamin E: 0.5mg (3.33%), Calcium: 30.91mg (3.09%), Magnesium: 11.51mg (2.88%), Vitamin B6: 0.04mg (2.22%), Zinc: 0.31mg (2.06%), Folate: 8.11µg (2.03%), Vitamin B5: 0.18mg (1.75%), Vitamin B1: 0.03mg (1.72%), Potassium: 59.37mg (1.7%), Fiber: 0.39g (1.57%), Vitamin K: 1.43µg (1.36%), Iron: 0.22mg (1.25%), Vitamin B12: 0.07µg (1.15%)