



Pineapple Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



877 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter room temperature
- 4 cups powdered sugar sifted
- 8 ounce cream cheese room temperature
- 4 tablespoons pineapple juice

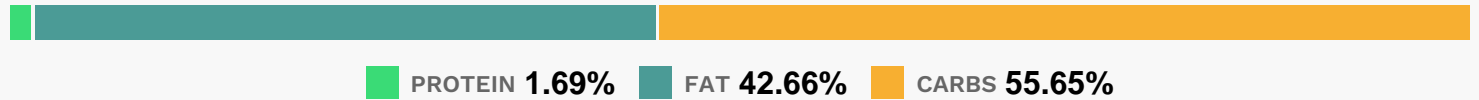
Equipment

- bowl
- hand mixer

Directions

- Cream the butter and cream cheese together with an electric mixer in a large bowl until light and fluffy.
- Add the pineapple juice and continue beating until absorbed into the mixture. Beat the confectioners' sugar into the mixture a little at a time until completely integrated.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:4.3747826487474%

Nutrients (% of daily need)

Calories: 876.65kcal (43.83%), Fat: 42.53g (65.44%), Saturated Fat: 26.04g (162.74%), Carbohydrates: 124.84g (41.61%), Net Carbohydrates: 124.81g (45.38%), Sugar: 121.01g (134.45%), Cholesterol: 118.27mg (39.42%), Sodium: 363.19mg (15.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin A: 1471.31IU (29.43%), Vitamin B2: 0.17mg (9.77%), Selenium: 5.89µg (8.42%), Vitamin E: 1.15mg (7.66%), Phosphorus: 68.68mg (6.87%), Calcium: 64.96mg (6.5%), Manganese: 0.09mg (4.33%), Vitamin B5: 0.36mg (3.63%), Vitamin K: 3.22µg (3.07%), Potassium: 103.55mg (2.96%), Vitamin B12: 0.17µg (2.88%), Vitamin B6: 0.05mg (2.38%), Zinc: 0.34mg (2.25%), Folate: 8.65µg (2.16%), Magnesium: 7.47mg (1.87%), Vitamin C: 1.5mg (1.82%), Vitamin B1: 0.02mg (1.54%), Copper: 0.03mg (1.45%), Iron: 0.19mg (1.04%)