

Pumpkin Bar Icing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



686 kcal

FROSTING

ICING

Ingredients

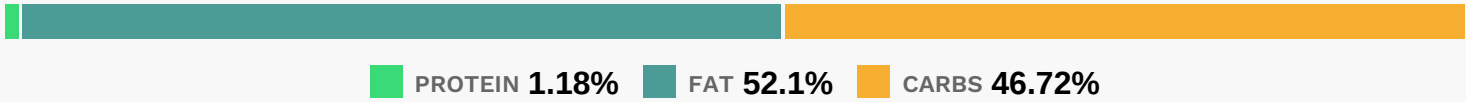
- ☐ 0.5 cup butter softened
- ☐ 2 cups confectioners' sugar
- ☐ 3 ounce cream cheese softened
- ☐ 1 teaspoon vanilla extract

Equipment

Directions

- ☐
- Cream together butter or margarine with the cream cheese. Then stir in vanilla.
- ☐
- Next, add the powdered sugar, slowly, keep beating until mixture is smooth.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:0.43, Inflammation Score:-6, Nutrition Score:2.9082608799572%

Nutrients (% of daily need)

Calories: 685.53kcal (34.28%), Fat: 40.44g (62.21%), Saturated Fat: 25.17g (157.33%), Carbohydrates: 81.6g (27.2%), Net Carbohydrates: 81.6g (29.67%), Sugar: 79.5g (88.33%), Cholesterol: 109.97mg (36.66%), Sodium: 334.01mg (14.52%), Alcohol: 0.46g (100%), Alcohol %: 0.39% (100%), Protein: 2.07g (4.13%), Vitamin A: 1326.19IU (26.52%), Vitamin E: 1.12mg (7.48%), Vitamin B2: 0.09mg (5.56%), Selenium: 3.3µg (4.71%), Phosphorus: 39.49mg (3.95%), Calcium: 37.53mg (3.75%), Vitamin K: 3.24µg (3.09%), Vitamin B12: 0.13µg (2.11%), Vitamin B5: 0.2mg (2.04%), Potassium: 50.07mg (1.43%), Zinc: 0.19mg (1.24%)