



Pumpkin–Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



3

CALORIES



1299 kcal

FROSTING

ICING

Ingredients

- 12 ounces cream cheese at room temperature
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg freshly ground
- 4 cups powdered sugar sifted
- 0.3 cup pumpkin puree (not pie filling)
- 8 tablespoons butter unsalted at room temperature (1 stick)

Equipment

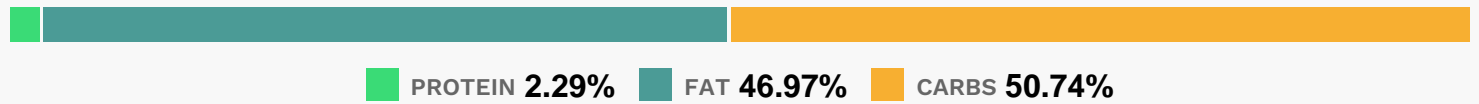
- bowl

- whisk
- stand mixer
- spatula

Directions

- Place the sugar, cinnamon, and nutmeg in a medium bowl and whisk to combine; set aside.
- Place the cream cheese and butter in the bowl of a stand mixer fitted with a paddle attachment and beat on medium speed until fully combined and smooth, about 1 minute. Reduce the speed to low, slowly add the powdered sugar mixture, and beat until fully incorporated and smooth, about 3 minutes. Stop the mixer and scrape down the paddle and sides of the bowl with a rubber spatula. Turn the mixer to medium speed, add the pumpkin, and mix until fully incorporated and smooth, about 1 minute. Use immediately.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:10.943913086601%

Nutrients (% of daily need)

Calories: 1298.75kcal (64.94%), Fat: 69.43g (106.82%), Saturated Fat: 42.17g (263.56%), Carbohydrates: 168.78g (56.26%), Net Carbohydrates: 167.61g (60.95%), Sugar: 161.73g (179.7%), Cholesterol: 194.8mg (64.93%), Sodium: 364.83mg (15.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.25%), Vitamin A: 6694.63IU (133.89%), Vitamin B2: 0.32mg (18.76%), Selenium: 11.22µg (16.03%), Vitamin E: 2.15mg (14.3%), Phosphorus: 140.61mg (14.06%), Calcium: 134.62mg (13.46%), Manganese: 0.18mg (9.11%), Vitamin K: 9.56µg (9.1%), Vitamin B5: 0.8mg (7.99%), Potassium: 221.38mg (6.33%), Vitamin B12: 0.31µg (5.22%), Fiber: 1.18g (4.71%), Zinc: 0.68mg (4.52%), Magnesium: 17.92mg (4.48%), Vitamin B6: 0.08mg (4.06%), Vitamin D: 0.56µg (3.73%), Iron: 0.67mg (3.71%), Folate: 14.76µg (3.69%), Copper: 0.07mg (3.53%), Vitamin B1: 0.04mg (2.35%), Vitamin C: 1.17mg (1.42%), Vitamin B3: 0.23mg (1.15%)