



Raspberry Buttercream Frosting

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



262 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter softened
- 16 oz powdered sugar
- 0.5 cup raspberries fresh
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

- hand mixer

Directions

- Beat first 4 ingredients at medium speed with an electric mixer until creamy.
- Gradually add powdered sugar, beating at low speed until blended and smooth after each addition.
- Note: Be sure to wash and thoroughly dry raspberries before adding to frosting.

Nutrition Facts

PROTEIN 0.25% **FAT 31.04%** **CARBS 68.71%**

Properties

Glycemic Index:7.6, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.89173912872439%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 262.1kcal (13.1%), Fat: 9.24g (14.22%), Saturated Fat: 5.84g (36.47%), Carbohydrates: 46.04g (15.35%), Net Carbohydrates: 45.65g (16.6%), Sugar: 44.68g (49.65%), Cholesterol: 24.4mg (8.13%), Sodium: 103.05mg (4.48%), Alcohol: 0.14g (100%), Alcohol %: 0.28% (100%), Protein: 0.17g (0.34%), Vitamin A: 285.62IU (5.71%), Manganese: 0.04mg (2.15%), Vitamin E: 0.32mg (2.1%), Vitamin C: 1.57mg (1.91%), Fiber: 0.39g (1.56%), Vitamin K: 1.26µg (1.2%)