



Rum Buttercream Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



272 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons milk
- ☐ 16 ounce powdered sugar
- ☐ 3 tablespoons rum
- ☐ 1 teaspoon vanilla extract

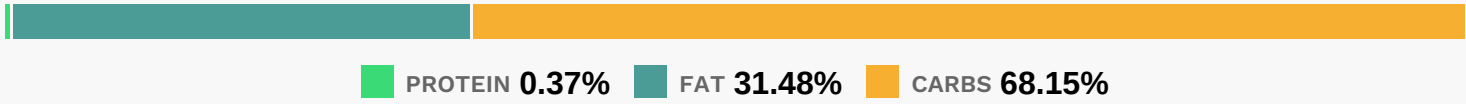
Equipment

- ☐ hand mixer

Directions

- ☐ Beat butter at medium speed with an electric mixer until creamy; gradually add 1 cup powdered sugar, beating at low speed until blended.
- ☐ Add rum, milk, and vanilla, beating until blended. Gradually add remaining powdered sugar.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.65347826788607%

Nutrients (% of daily need)

Calories: 272.07kcal (13.6%), Fat: 9.35g (14.38%), Saturated Fat: 5.92g (36.99%), Carbohydrates: 45.54g (15.18%), Net Carbohydrates: 45.54g (16.56%), Sugar: 44.64g (49.59%), Cholesterol: 24.94mg (8.31%), Sodium: 75.68mg (3.29%), Alcohol: 1.64g (100%), Alcohol %: 3.15% (100%), Protein: 0.24g (0.49%), Vitamin A: 290.93IU (5.82%), Vitamin E: 0.27mg (1.77%), Vitamin B2: 0.02mg (1.13%)