



Salted Caramel Buttercream

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



351 kcal

SIDE DISH

Ingredients

- 0.5 cup butter softened
- 15 caramels
- 3 oz cream cheese softened
- 0.3 teaspoon kosher salt
- 1 tablespoon milk
- 3 tablespoons milk
- 16 oz powdered sugar
- 2 teaspoons vanilla extract

Equipment

- bowl
- hand mixer
- microwave

Directions

- Beat first 4 ingredients at medium speed with an electric mixer until creamy.
- Gradually add powdered sugar alternately with 3 Tbsp. milk, beating at low speed until blended and smooth after each addition.
- Melt caramels with 1 Tbsp. milk in a small microwave-safe bowl at HIGH 1 minute or until smooth, stirring at 30-second intervals. Fold caramel mixture into buttercream, creating swirls. (Do not completely blend.)

Nutrition Facts



Properties

Glycemic Index:21.8, Glycemic Load:7.74, Inflammation Score:-2, Nutrition Score:1.6699999885067%

Nutrients (% of daily need)

Calories: 350.8kcal (17.54%), Fat: 13.54g (20.83%), Saturated Fat: 8.04g (50.22%), Carbohydrates: 57.68g (19.23%), Net Carbohydrates: 57.68g (20.97%), Sugar: 54.9g (61%), Cholesterol: 34.76mg (11.59%), Sodium: 197.83mg (8.6%), Alcohol: 0.28g (100%), Alcohol %: 0.4% (100%), Protein: 1.51g (3.01%), Vitamin A: 413.88IU (8.28%), Vitamin B2: 0.08mg (4.68%), Calcium: 39.63mg (3.96%), Phosphorus: 35.03mg (3.5%), Vitamin E: 0.41mg (2.72%), Selenium: 1.5µg (2.14%), Vitamin B12: 0.12µg (1.92%), Vitamin B5: 0.18mg (1.77%), Potassium: 57.15mg (1.63%), Vitamin B1: 0.02mg (1.43%), Vitamin K: 1.26µg (1.2%), Magnesium: 4.36mg (1.09%)