



Salted Caramel Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



260 kcal

FROSTING

ICING

Ingredients

- 0.3 cup granulated sugar
- 0.3 cup cup heavy whipping cream
- 1 cup powdered sugar
- 0.5 teaspoon salt fine
- 12 tablespoons butter unsalted at room temperature ()
- 1 teaspoon vanilla extract
- 2 tablespoons water

Equipment

- bowl
- sauce pan
- wooden spoon
- stand mixer

Directions

- Briefly stir together granulated sugar and water in a small saucepan and bring to a boil over medium-high heat. Continue cooking, without stirring, until mixture turns dark amber in color, about 6 to 7 minutes.
- Remove from heat and slowly add in cream and vanilla, stirring with a wooden spoon until completely smooth. Set aside until cool to the touch, about 25 minutes.
- Combine butter and salt in the bowl of a stand mixer fitted with the paddle attachment and beat on medium-high speed until light in color and fluffy, about 3 minutes. Reduce speed to low, add powdered sugar, and mix until completely incorporated. Turn mixer off and scrape down the sides of the bowl, then add caramel. Beat frosting on medium-high speed until airy and thoroughly mixed, about 2 minutes. Cover and refrigerate until stiff, about 45 minutes, before using.

Nutrition Facts

■ PROTEIN **0.59%** ■ FAT **67%** ■ CARBS **32.41%**

Properties

Glycemic Index:8.76, Glycemic Load:4.36, Inflammation Score:-3, Nutrition Score:1.2456521924747%

Nutrients (% of daily need)

Calories: 259.71kcal (12.99%), Fat: 19.74g (30.37%), Saturated Fat: 12.5g (78.11%), Carbohydrates: 21.48g (7.16%), Net Carbohydrates: 21.48g (7.81%), Sugar: 21.2g (23.56%), Cholesterol: 53.55mg (17.85%), Sodium: 150.26mg (6.53%), Alcohol: 0.17g (100%), Alcohol %: 0.4% (100%), Protein: 0.39g (0.78%), Vitamin A: 634.12IU (12.68%), Vitamin E: 0.56mg (3.7%), Vitamin D: 0.43µg (2.89%), Vitamin K: 1.71µg (1.63%), Vitamin B2: 0.03mg (1.51%), Calcium: 10.42mg (1.04%)