



Salted Caramel Frosting



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



231 kcal

FROSTING

ICING

Ingredients

- ☐ 1 cup firmly brown sugar dark packed
- ☐ 1 cup butter
- ☐ 0.3 cup heavy cream
- ☐ 4 cups powdered sugar sifted
- ☐ 0.5 teaspoon sea salt
- ☐ 1 teaspoon vanilla extract

Equipment

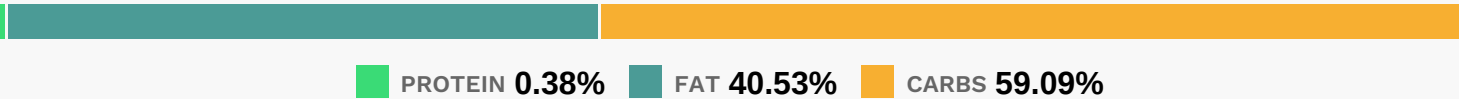
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Bring first 2 ingredients to a rolling boil in a 3 1/2-qt. saucepan over medium heat, whisking constantly.
- ☐ Stir in cream, and return to a boil; remove from heat.
- ☐ Pour into bowl of a heavy-duty electric stand mixer. Gradually beat in powdered sugar and vanilla at medium speed, using whisk attachment; beat 7 to 10 minutes or until thickened. Use immediately.
- ☐ Sprinkle frosted cake with sea salt.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.77652174841775%

Nutrients (% of daily need)

Calories: 230.6kcal (11.53%), Fat: 10.64g (16.36%), Saturated Fat: 6.75g (42.16%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 34.89g (12.69%), Sugar: 34.29g (38.1%), Cholesterol: 28.88mg (9.63%), Sodium: 135.77mg (5.9%), Alcohol: 0.07g (100%), Alcohol %: 0.17% (100%), Protein: 0.22g (0.44%), Vitamin A: 341.95IU (6.84%), Vitamin E: 0.3mg (2%), Calcium: 14.77mg (1.48%)