



Scrumptious Penuche Frosting

 Vegetarian  Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



8

CALORIES



334 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter
- 2 cups powdered sugar
- 1 cup t brown sugar dark
- 0.3 cup half and half
- 1 pinch salt
- 1 teaspoon vanilla extract

Equipment

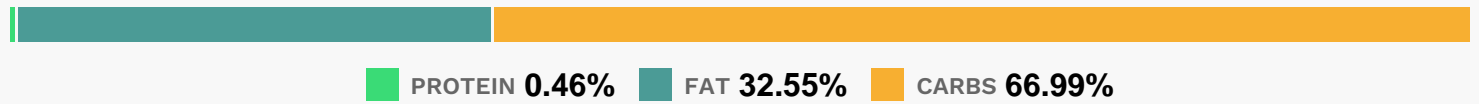
- sauce pan

hand mixer

Directions

- Melt the butter in a saucepan over medium heat. Stir in brown sugar and bring the mixture to a boil. Reduce the heat and continue to simmer for 2 minutes, stirring constantly. Stir in half-and-half cream and salt and return to a boil, continuing to stir.
- Remove the caramel from the heat and allow to cool to lukewarm, then add vanilla.
- Gradually beat in confectioners' sugar with an electric mixer until smooth, being careful not to over beat. If the frosting becomes too thick, hot water can be added to thin it out.
- Spread over a cooled cake and sprinkle with pecans. Allow the frosting to set before serving, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.1769565214281%

Nutrients (% of daily need)

Calories: 334.27kcal (16.71%), Fat: 12.38g (19.04%), Saturated Fat: 7.82g (48.9%), Carbohydrates: 57.31g (19.1%), Net Carbohydrates: 57.31g (20.84%), Sugar: 56.4g (62.67%), Cholesterol: 33.15mg (11.05%), Sodium: 109.03mg (4.74%), Alcohol: 0.17g (100%), Alcohol %: 0.27% (100%), Protein: 0.39g (0.78%), Vitamin A: 381.32IU (7.63%), Calcium: 34.68mg (3.47%), Vitamin E: 0.35mg (2.32%), Vitamin B2: 0.03mg (1.51%), Potassium: 51.3mg (1.47%), Selenium: 0.89µg (1.28%), Iron: 0.22mg (1.23%), Phosphorus: 11.72mg (1.17%), Vitamin K: 1.09µg (1.04%)