

# Sour Cream Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



240 kcal

FROSTING

ICING

## Ingredients

- 4 tablespoons butter softened
- 2.8 cups powdered sugar
- 0.5 teaspoon juice of lemon
- 0.3 teaspoon salt
- 0.5 cup cream sour
- 0.5 teaspoon vanilla extract

## Equipment

- bowl

hand mixer

## Directions

In a medium bowl, mix together the butter, sour cream, vanilla, lemon juice and salt. Stir in confectioners' sugar, and beat with an electric mixer until smooth.

## Nutrition Facts

 PROTEIN **0.67%**  FAT **31.05%**  CARBS **68.28%**

## Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.78999999813412%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

## Nutrients (% of daily need)

Calories: 239.9kcal (12%), Fat: 8.47g (13.03%), Saturated Fat: 5.05g (31.56%), Carbohydrates: 41.89g (13.96%), Net Carbohydrates: 41.89g (15.23%), Sugar: 40.88g (45.42%), Cholesterol: 23.53mg (7.84%), Sodium: 122.99mg (5.35%), Alcohol: 0.09g (100%), Alcohol %: 0.17% (100%), Protein: 0.41g (0.82%), Vitamin A: 264.51IU (5.29%), Vitamin B2: 0.03mg (2.04%), Calcium: 16.7mg (1.67%), Vitamin E: 0.22mg (1.45%), Phosphorus: 12.65mg (1.26%), Selenium: 0.85µg (1.21%)