



Strawberry Balsamic Goat Cheese Frosting

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



204 kcal

FROSTING

ICING

Ingredients

- 6 servings balsamic vinegar
- 6 servings brown sugar
- 6 servings cream cheese
- 6 servings goat cheese
- 6 servings salt
- 6 servings strawberries fresh
- 6 servings strawberries

Equipment

- bowl
- pot
- stand mixer

Directions

- For the strawberry balsamic reduction: In a medium saucepot over low heat, cook ingredients until reduced, stirring frequently, for about 45–50 minutes.
- Remove from heat, pour in a bowl and allow to cool. For the frosting: In the bowl of a stand mixer fitted with a paddle attachment, mix cream cheese until smooth.
- Add goat cheese and continue mixing about 4–5 minutes, until smooth. Scrape sides and bottom of bowl and mix again until smooth.
- Add sugar, salt and Strawberry Balsamic Reduction, and mix until fully incorporated. Scrape sides and bottom of bowl and mix until frosting is smooth and creamy, about 1–2 minutes. Try out these Sweet Tooth recipes on Food Republic: [Peanut Butter Cheesecake Brownies Recipe](#)
- [Peach–Bourbon Cheesecake Recipe](#)
- [Boston Cream Pie Recipe](#)

Nutrition Facts



PROTEIN 14.29% **FAT 31.74%** **CARBS 53.97%**

Properties

Glycemic Index: 26.17, Glycemic Load: 7.92, Inflammation Score: -8, Nutrition Score: 15.046521749185%

Flavonoids

Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg, Cyanidin: 4.84mg Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 71.57mg, Pelargonidin: 71.57mg, Pelargonidin: 71.57mg, Pelargonidin: 71.57mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg, Catechin: 8.96mg Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epicatechin 3–gallate: 0.43mg, Epicatechin 3–gallate: 0.43mg, Epicatechin 3–gallate: 0.43mg, Epicatechin 3–gallate: 0.43mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Kaempferol:

1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 204.14kcal (10.21%), Fat: 7.53g (11.59%), Saturated Fat: 4.62g (28.86%), Carbohydrates: 28.82g (9.61%), Net Carbohydrates: 23.06g (8.39%), Sugar: 20.66g (22.96%), Cholesterol: 14.81mg (4.94%), Sodium: 315.01mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Vitamin C: 169.34mg (205.27%), Manganese: 1.17mg (58.29%), Fiber: 5.76g (23.04%), Folate: 72.85µg (18.21%), Copper: 0.36mg (18.21%), Phosphorus: 150.19mg (15.02%), Potassium: 473.04mg (13.52%), Magnesium: 44.62mg (11.15%), Vitamin B6: 0.21mg (10.63%), Vitamin B2: 0.18mg (10.57%), Iron: 1.9mg (10.54%), Calcium: 96.81mg (9.68%), Vitamin A: 357.89IU (7.16%), Vitamin K: 6.9µg (6.57%), Vitamin B3: 1.25mg (6.23%), Vitamin B1: 0.09mg (6.02%), Vitamin E: 0.9mg (5.99%), Vitamin B5: 0.57mg (5.75%), Zinc: 0.7mg (4.66%), Selenium: 2.13µg (3.04%)