



Strawberry Buttercream Frosting

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



520 kcal

FROSTING

ICING

Ingredients

- 1 cup butter softened
- 32 ounce powdered sugar sifted
- 1 cup strawberries fresh finely chopped

Equipment

- hand mixer

Directions

- Beat butter at medium speed with an electric mixer 20 seconds or until fluffy.
- Add powdered sugar and chopped strawberries, beating at low speed until creamy. (
- Add more sugar if frosting is too thin, or add strawberries if too thick.)

Nutrition Facts

PROTEIN 0.22%

FAT 31.11%

CARBS 68.67%

Properties

Glycemic Index:9, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:1.831739143185%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 520.26kcal (26.01%), Fat: 18.45g (28.39%), Saturated Fat: 11.67g (72.94%), Carbohydrates: 91.66g (30.55%), Net Carbohydrates: 91.37g (33.22%), Sugar: 89.44g (99.38%), Cholesterol: 48.81mg (16.27%), Sodium: 147.92mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin A: 569IU (11.38%), Vitamin C: 8.47mg (10.26%), Vitamin E: 0.57mg (3.79%), Manganese: 0.06mg (2.96%), Vitamin K: 1.91µg (1.82%), Vitamin B2: 0.03mg (1.65%), Selenium: 0.83µg (1.18%), Fiber: 0.29g (1.15%), Folate: 4.14µg (1.03%)