



Strawberry Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



118 kcal

FROSTING

ICING

Ingredients

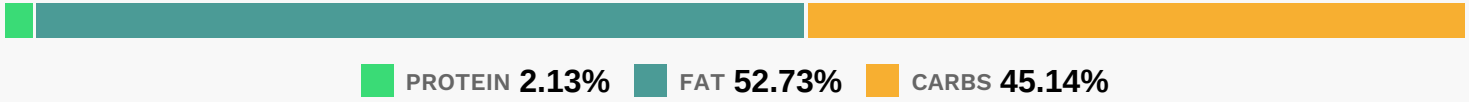
- ☐ 8 ounces cream cheese
- ☐ 2.5 cups powdered sugar
- ☐ 1 pinch salt
- ☐ 3 large strawberries pureed
- ☐ 2 tsp strawberry jam
- ☐ 4 ounces butter unsalted softened

Equipment

Directions

- ☐ Cream butter and cream cheese for about 2 minutes.
- ☐ Add powdered sugar 1 cup at a time.
- ☐ Add in jam and slowly add pureed strawberry until you get the desired consistency.Chill before frosting your cupcakes.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:0.87608695580907%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg, Pelargonidin: 0.84mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 118.28kcal (5.91%), Fat: 7.09g (10.91%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 13.59g (4.94%), Sugar: 13.03g (14.48%), Cholesterol: 19.7mg (6.57%), Sodium: 32.28mg (1.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin A: 245.39IU (4.91%), Vitamin C: 2.04mg (2.47%), Vitamin B2: 0.03mg (1.58%), Selenium: 0.96µg (1.37%), Vitamin E: 0.2mg (1.34%), Phosphorus: 12.17mg (1.22%), Calcium: 11.08mg (1.11%)