

The Perfect Cinnamon Roll Icing

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



24

CALORIES



68 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 7 tablespoons butter softened
- 1.5 cups confectioners' sugar
- 2 ounces cream cheese softened
- 2 tablespoons milk
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract

Equipment

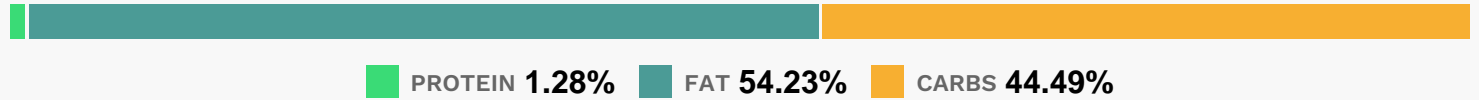
- bowl

hand mixer

Directions

- Beat together the cream cheese and butter with an electric mixer in a large bowl until creamy.
- Mix in the vanilla and milk, then gradually mix in the confectioners' sugar and salt until smooth and fluffy.

Nutrition Facts



Properties

Glycemic Index:4.79, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.3191304338853%

Nutrients (% of daily need)

Calories: 67.71kcal (3.39%), Fat: 4.16g (6.41%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 7.69g (2.8%), Sugar: 7.5g (8.33%), Cholesterol: 11.32mg (3.77%), Sodium: 58.53mg (2.54%), Alcohol: 0.03g (100%), Alcohol %: 0.24% (100%), Protein: 0.22g (0.44%), Vitamin A: 135.8IU (2.72%)