



Vanilla Chai Buttercream Frosting



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



451 kcal

BEVERAGE

DRINK

Ingredients



1 tea bag black



1 cup butter room temperature



0.3 teaspoon ground cardamom spice islands®



0.5 teaspoon ground cinnamon



0.3 teaspoon ground cloves spice islands®



0.5 teaspoon ground ginger spice islands®



0.3 cup half and half



4 cups powdered sugar sifted

☐ 2 teaspoons vanilla extract pure spice islands®

Equipment

☐ hand mixer

☐ microwave

Directions

☐ Pour the half and half into a microwave safe mug and heat in microwave for 45 seconds.

☐ Remove the mug from the microwave and place the tea bag in the mug to steep.

☐ Mix butter for one minute with electric mixer on medium speed.

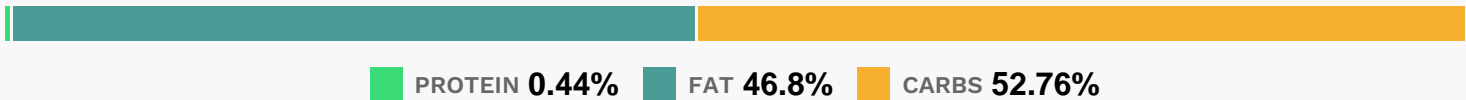
☐ Add powdered sugar, cinnamon, ginger, cardamom, cloves and vanilla extract.

☐ Mix at low speed. After powdered sugar is incorporated into the butter, increase speed to medium and add the tea infused half and half.

☐ Add additional powder sugar if frosting needs a stiffer consistency.

☐ Use immediately or store in a sealed container in the refrigerator up to one month.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:1.7469565129798%

Nutrients (% of daily need)

Calories: 450.73kcal (22.54%), Fat: 23.9g (36.77%), Saturated Fat: 15.12g (94.52%), Carbohydrates: 60.62g (20.21%), Net Carbohydrates: 60.5g (22%), Sugar: 59.14g (65.72%), Cholesterol: 63.65mg (21.22%), Sodium: 188.59mg (8.2%), Alcohol: 0.34g (100%), Alcohol %: 0.45% (100%), Protein: 0.51g (1.01%), Vitamin A: 736.37IU (14.73%), Manganese: 0.12mg (6.17%), Vitamin E: 0.69mg (4.57%), Vitamin B2: 0.04mg (2.19%), Vitamin K: 2.21µg (2.11%), Calcium: 17.64mg (1.76%), Phosphorus: 14.52mg (1.45%), Selenium: 0.96µg (1.38%), Vitamin B12: 0.06µg (1.04%)