

Vanilla Frosting

 Gluten Free

READY IN



10 min.

SERVINGS



24

CALORIES



64 kcal

FROSTING

ICING

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 7 oz marshmallow crème jet-puffed
- 1 tsp vanilla
- 8 oz cool whip whipped topping thawed

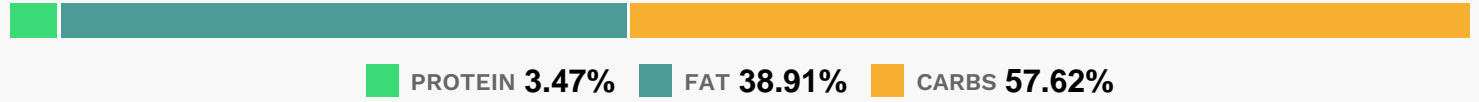
Equipment

- bowl
- blender

Directions

- Beat first 3 ingredients in large bowl with mixer until well blended.
- Add COOL WHIP; beat just until blended.

Nutrition Facts



Properties

Glycemic Index:1.13, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.4086956506514%

Nutrients (% of daily need)

Calories: 63.68kcal (3.18%), Fat: 2.86g (4.41%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 9.54g (3.47%), Sugar: 7.52g (8.35%), Cholesterol: 4.96mg (1.65%), Sodium: 21.66mg (0.94%), Alcohol: 0.06g (100%), Alcohol %: 0.34% (100%), Protein: 0.57g (1.15%), Vitamin A: 70.45IU (1.41%), Phosphorus: 12.06mg (1.21%), Vitamin B2: 0.02mg (1.15%), Calcium: 11.31mg (1.13%)