



Whipped Cream Cheese Icing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



213 kcal

FROSTING

ICING

Ingredients

- 2 cups powdered sugar
- 8 oz cream cheese softened
- 0.5 cup cup heavy whipping cream cold
- 1 teaspoon juice of lemon fresh
- 2 oz butter unsalted salted softened
- 1 teaspoon vanilla

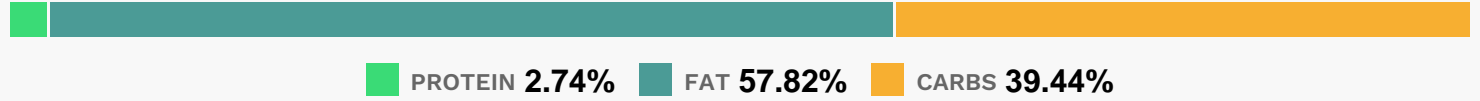
Equipment

- mixing bowl

Directions

In a mixing bowl, beat the whipping cream until stiff peaks form and set aside. In a second bowl, beat the cream cheese, butter, confectioners' sugar, vanilla and lemon juice until creamy. Stir the whipped cream into the cream cheese mixture.

Nutrition Facts



Properties

Glycemic Index: 2.25, Glycemic Load: 0.28, Inflammation Score: -3, Nutrition Score: 1.5478261100209%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 212.59kcal (10.63%), Fat: 13.91g (21.41%), Saturated Fat: 8.53g (53.29%), Carbohydrates: 21.36g (7.12%), Net Carbohydrates: 21.36g (7.77%), Sugar: 20.62g (22.91%), Cholesterol: 40.45mg (13.48%), Sodium: 62.98mg (2.74%), Alcohol: 0.11g (100%), Alcohol %: 0.27% (100%), Protein: 1.49g (2.97%), Vitamin A: 517.7IU (10.35%), Vitamin B2: 0.07mg (3.99%), Selenium: 2.09µg (2.99%), Phosphorus: 27.16mg (2.72%), Calcium: 26.27mg (2.63%), Vitamin E: 0.36mg (2.43%), Vitamin D: 0.23µg (1.53%), Vitamin B5: 0.14mg (1.39%), Vitamin B12: 0.07µg (1.09%), Potassium: 36.82mg (1.05%)