

Citrus Frosting

*Ladies Home Journal Delicious Desserts 2011
Meredith Corporation - Des Moines, IA*

*1 package (3 ounce) cream cheese,
softened
1/4 cup butter, softened
3 cups powdered sugar
2 tablespoons orange juice
1 cup whipping cream
2 teaspoons orange peel, finely
shredded
1 tablespoon lemon peel, finely
shredded*

In a medium mixing bowl, beat the cream cheese and butter with a mixer until fluffy.

Beat in the powdered sugar and orange juice.

In a chilled small bowl, beat the whipping cream on medium until soft peaks form. Add to the cheese mixture.

Add the orange peel and lemon peel. Beat on low until combined.

Per Serving (excluding unknown items): 3459 Calories; 215g Fat (54.8% calories from fat); 23g Protein; 376g Carbohydrate; 1g Dietary Fiber; 705mg Cholesterol; 1248mg Sodium. Exchanges: 2 1/2 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 41 1/2 Fat; 24 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	3459	Vitamin B6 (mg):	.2mg
% Calories from Fat:	54.8%	Vitamin B12 (mcg):	1.5mcg
% Calories from Carbohydrates:	42.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	2.6%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	215g	Folacin (mcg):	60mcg
Saturated Fat (g):	134g	Niacin (mg):	1mg
Monounsaturated Fat (g):	62g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0
Cholesterol (mg):	705mg	% Daily Value*	n n%
Carbohydrate (g):	376g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	23g	Lean Meat:	2 1/2

Sodium (mg): 1248mg
Potassium (mg): 558mg
Calcium (mg): 374mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 30mg
Vitamin A (i.u.): 8625IU
Vitamin A (r.e.): 2446 1/2RE

Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 1/2
Fat: 41 1/2
Other Carbohydrates: 24

Nutrition Facts

Amount Per Serving

Calories 3459 **Calories from Fat:** 1896

% Daily Values*

Total Fat 215g	331%
Saturated Fat 134g	672%
Cholesterol 705mg	235%
Sodium 1248mg	52%
Total Carbohydrates 376g	125%
Dietary Fiber 1g	3%
Protein 23g	
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Vitamin A	172%
Vitamin C	50%
Calcium	37%
Iron	18%

* Percent Daily Values are based on a 2000 calorie diet.