



Amazing Mylk Chocolate Frosting



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



12

CALORIES



94 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 cup cocoa powder
- ☐ 2 tablespoons coconut milk plain (of choice)
- ☐ 0.3 cup dairy-free margarine (I used Earth Balance Soy-Free)
- ☐ 0.5 teaspoon maple syrup
- ☐ 1.5 cups powdered sugar (I used Wholesome Sweeteners which is certified vegan)
- ☐ 0.5 teaspoon vanilla extract

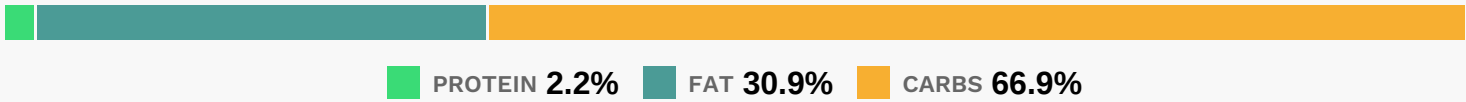
Equipment

- ☐ mixing bowl

Directions

- ☐ Sift the cocoa powder and powdered sugar into a mixing bowl.
- ☐ Add the remaining ingredients, and mix on low speed, to help prevent powder from flying everywhere, until everything is incorporated. Then whip for a minute on a higher speed to make it a little fluffy.Frost your cake or cupcakes as desired, or eat it straight from the spoon!

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:1.7539130253312%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 93.64kcal (4.68%), Fat: 3.42g (5.26%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 16.66g (5.55%), Net Carbohydrates: 15.77g (5.73%), Sugar: 14.97g (16.63%), Cholesterol: 0mg (0%), Sodium: 32.51mg (1.41%), Alcohol: 0.06g (100%), Alcohol %: 0.29% (100%), Caffeine: 5.49mg (1.83%), Protein: 0.55g (1.1%), Vitamin E: 0.98mg (6.51%), Manganese: 0.1mg (4.97%), Copper: 0.09mg (4.74%), Vitamin A: 189.64IU (3.79%), Fiber: 0.89g (3.58%), Magnesium: 12mg (3%), Vitamin K: 2.67µg (2.55%), Iron: 0.35mg (1.97%), Phosphorus: 17.73mg (1.77%), Potassium: 42.36mg (1.21%), Zinc: 0.17mg (1.15%), Vitamin B2: 0.02mg (1.03%)