



## BAKER'S ONE BOWL Chocolate Frosting

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



161 kcal

FROSTING

ICING

### Ingredients

- 4 oz baker's chocolate unsweetened
- 0.5 cup butter softened
- 0.3 cup milk
- 1 lb powdered sugar
- 2 tsp vanilla

### Equipment

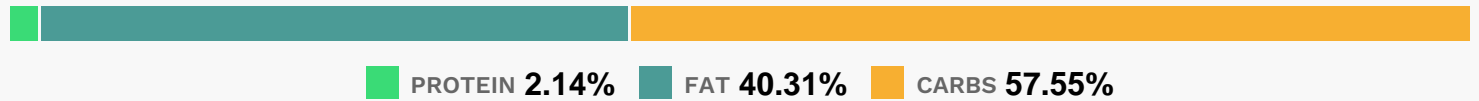
- bowl
- blender

microwave

## Directions

- Microwave chocolate in large microwaveable bowl on HIGH 1-1/2 min., stirring every 30 sec. Stir until chocolate is completely melted. Cool 5 min.
- Add sugar, butter and vanilla. Gradually add milk, beating constantly with mixer on low speed until blended.

## Nutrition Facts



## Properties

Glycemic Index:1.9, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:2.4239130497141%

## Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

## Nutrients (% of daily need)

Calories: 161.08kcal (8.05%), Fat: 7.66g (11.79%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 23.68g (8.61%), Sugar: 22.48g (24.98%), Cholesterol: 0.49mg (0.16%), Sodium: 56.91mg (2.47%), Alcohol: 0.14g (100%), Alcohol %: 0.48% (100%), Caffeine: 4.54mg (1.51%), Protein: 0.92g (1.83%), Manganese: 0.24mg (11.92%), Copper: 0.19mg (9.26%), Iron: 1mg (5.56%), Magnesium: 19.25mg (4.81%), Vitamin A: 209.58IU (4.19%), Zinc: 0.57mg (3.77%), Fiber: 0.94g (3.76%), Phosphorus: 28.12mg (2.81%), Potassium: 56.62mg (1.62%), Vitamin E: 0.2mg (1.34%), Calcium: 12.7mg (1.27%), Vitamin B2: 0.02mg (1.06%)