



## BAKER'S ONE BOWL Chocolate Frosting

 Gluten Free

READY IN



20 min.

SERVINGS



24

CALORIES



134 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

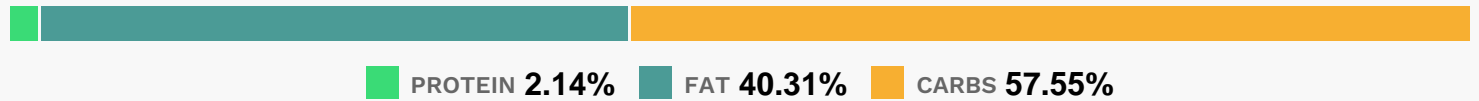
- bowl
- blender

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:1.58, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.0195652406015%

## Flavonoids

Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg, Catechin: 3.04mg Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg, Epicatechin: 6.7mg

## Nutrients (% of daily need)

Calories: 134.24kcal (6.71%), Fat: 6.39g (9.83%), Saturated Fat: 2.38g (14.88%), Carbohydrates: 20.52g (6.84%), Net Carbohydrates: 19.73g (7.18%), Sugar: 18.73g (20.82%), Cholesterol: 0.41mg (0.14%), Sodium: 47.43mg (2.06%), Alcohol: 0.12g (100%), Alcohol %: 0.48% (100%), Caffeine: 3.78mg (1.26%), Protein: 0.76g (1.53%), Manganese: 0.2mg (9.93%), Copper: 0.15mg (7.72%), Iron: 0.83mg (4.63%), Magnesium: 16.04mg (4.01%), Vitamin A: 174.65IU (3.49%), Zinc: 0.47mg (3.14%), Fiber: 0.78g (3.14%), Phosphorus: 23.43mg (2.34%), Potassium: 47.18mg (1.35%), Vitamin E: 0.17mg (1.11%), Calcium: 10.59mg (1.06%)