



Best Chocolate Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



301 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter melted
- 3 cups confectioners' sugar
- 0.3 cup milk
- 0.7 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

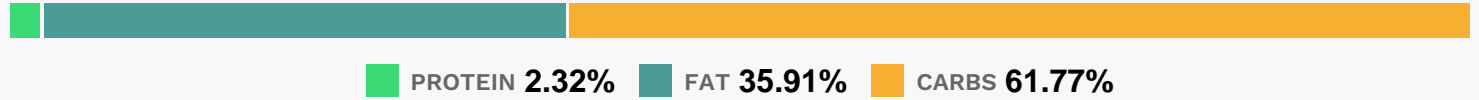
Equipment

- bowl

Directions

- Stir melted butter and cocoa powder in a bowl until evenly mixed.
- Add confectioners' sugar and milk; beat until smooth and easily spread. Stir in vanilla extract.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:3.9821739144947%

Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 300.65kcal (15.03%), Fat: 12.81g (19.71%), Saturated Fat: 8.06g (50.37%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 46.95g (17.07%), Sugar: 44.7g (49.66%), Cholesterol: 31.72mg (10.57%), Sodium: 97.54mg (4.24%), Alcohol: 0.17g (100%), Alcohol %: 0.28% (100%), Caffeine: 16.48mg (5.49%), Protein: 1.86g (3.72%), Manganese: 0.28mg (13.92%), Copper: 0.28mg (13.76%), Fiber: 2.65g (10.61%), Magnesium: 37.33mg (9.33%), Vitamin A: 371.02IU (7.42%), Phosphorus: 66.31mg (6.63%), Iron: 1.03mg (5.7%), Potassium: 129.23mg (3.69%), Zinc: 0.55mg (3.65%), Vitamin B2: 0.05mg (2.66%), Calcium: 25.59mg (2.56%), Selenium: 1.63µg (2.33%), Vitamin E: 0.34mg (2.28%), Vitamin B12: 0.08µg (1.32%), Vitamin K: 1.2µg (1.15%)