



Cake Mix Doctor Mixes and a Great Scratch Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



288 kcal

DESSERT

Ingredients

- ☐ 4 ounces butter softened
- ☐ 0.5 cup chocolate syrup room temperature
- ☐ 2 tablespoons milk
- ☐ 3.3 cups powdered sugar (1 box)
- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla

Equipment

- ☐ bowl
- ☐ hand mixer

Directions

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In a large bowl, combine the butter, cocoa powder and chocolate syrup. Beat on low speed with a handheld electric mixer until blended.Gradually add the sugar and a couple of tablespoons of the milk and the teaspoon of vanilla.Continue beating, adding milk as needed, until you get a smooth and glossy frosting.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:3.1795652226909%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 287.62kcal (14.38%), Fat: 10.05g (15.46%), Saturated Fat: 6.31g (39.43%), Carbohydrates: 51.37g (17.12%), Net Carbohydrates: 49.39g (17.96%), Sugar: 45.87g (50.96%), Cholesterol: 24.74mg (8.25%), Sodium: 86.57mg (3.76%), Alcohol: 0.14g (100%), Alcohol %: 0.24% (100%), Caffeine: 10.79mg (3.6%), Protein: 1.35g (2.71%), Copper: 0.24mg (12.14%), Manganese: 0.22mg (11.24%), Magnesium: 31.84mg (7.96%), Fiber: 1.98g (7.92%), Vitamin A: 288.24IU (5.76%), Phosphorus: 56.69mg (5.67%), Iron: 0.94mg (5.22%), Potassium: 107.55mg (3.07%), Zinc: 0.43mg (2.86%), Vitamin B2: 0.03mg (1.98%), Vitamin E: 0.27mg (1.81%), Selenium: 1.23µg (1.76%), Calcium: 14.45mg (1.44%)