



Caramel Frosting VI

 Vegetarian

READY IN



40 min.

SERVINGS



15

CALORIES



99 kcal

FROSTING

ICING

Ingredients

- 1 cup brown sugar
- 3 tablespoons butter
- 2 tablespoons flour all-purpose
- 0.3 cup milk
- 0.3 cup pecans toasted chopped
- 1 teaspoon vanilla extract

Equipment

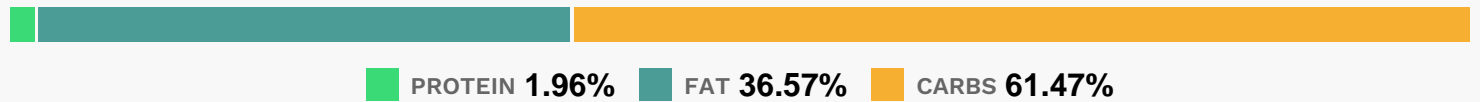
- sauce pan

wooden spoon

Directions

- In a shallow 6-inch saucepan, thoroughly mix brown sugar and flour. Stir in butter and milk, and cook over medium-high heat until mixture comes to a rolling boil. Boil exactly 1-1/2 minutes.
- Remove from heat. Allow to cool 5 minutes. Beat with a wooden spoon until mixture begins to thicken.
- Mix in vanilla and continue beating until frosting is the consistency of thick honey, no more than 1 to 2 minutes.
- Immediately pour caramel frosting onto cooled cake and quickly spread with the back of a warm spoon before frosting begins to set up. Quickly sprinkle top of cake with toasted pecans. Frosting will set up completely in a few hours.

Nutrition Facts



Properties

Glycemic Index:11.53, Glycemic Load:0.64, Inflammation Score:-1, Nutrition Score:1.1504347867778%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

Nutrients (% of daily need)

Calories: 99.39kcal (4.97%), Fat: 4.15g (6.39%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.45g (5.62%), Sugar: 14.56g (16.17%), Cholesterol: 6.51mg (2.17%), Sodium: 23.7mg (1.03%), Alcohol: 0.09g (100%), Alcohol %: 0.46% (100%), Protein: 0.5g (1%), Manganese: 0.13mg (6.3%), Calcium: 19.72mg (1.97%), Copper: 0.04mg (1.88%), Vitamin B1: 0.03mg (1.75%), Vitamin A: 77.92IU (1.56%), Phosphorus: 13.17mg (1.32%), Magnesium: 5.05mg (1.26%), Iron: 0.21mg (1.18%), Potassium: 37.67mg (1.08%), Fiber: 0.26g (1.04%), Selenium: 0.71µg (1.02%)