

Caroline's Chocolate Fudge Frosting

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



260 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 1 pound powdered sugar
- 0.8 cup milk
- 3 ounce baker's chocolate unsweetened
- 0.5 teaspoon vanilla extract

Equipment

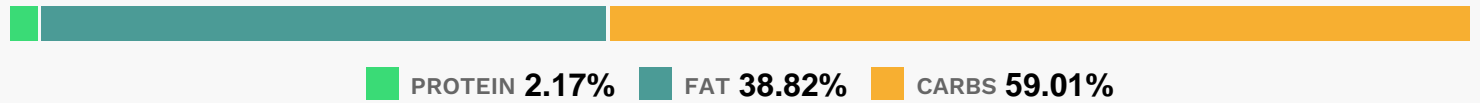
- bowl
- double boiler

microwave

Directions

- Melt chocolate and butter in the microwave, or in the top of a double boiler. In a large bowl, combine confectioners' sugar, vanilla and 1/2 cup of the milk. Blend in the melted chocolate mixture.
- Add remaining milk, a little at a time, until desired consistency is achieved.
- Let stand until spreadable (frosting will thicken as it cools).

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:3.4013043745704%

Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

Nutrients (% of daily need)

Calories: 259.99kcal (13%), Fat: 11.87g (18.26%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 39.4g (14.33%), Sugar: 37.79g (41.99%), Cholesterol: 22.17mg (7.39%), Sodium: 69.08mg (3%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Caffeine: 5.67mg (1.89%), Protein: 1.5g (2.99%), Manganese: 0.3mg (14.89%), Copper: 0.23mg (11.6%), Iron: 1.26mg (6.99%), Magnesium: 25.21mg (6.3%), Vitamin A: 261.07IU (5.22%), Zinc: 0.76mg (5.05%), Fiber: 1.18g (4.71%), Phosphorus: 46.03mg (4.6%), Calcium: 28.58mg (2.86%), Potassium: 84.97mg (2.43%), Vitamin B2: 0.04mg (2.28%), Vitamin E: 0.26mg (1.7%), Selenium: 1.19µg (1.69%), Vitamin B12: 0.1µg (1.64%), Vitamin K: 1.4µg (1.33%), Vitamin B1: 0.02mg (1.3%), Vitamin D: 0.17µg (1.12%)