



Chocolate Butter Cream II

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



16

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 tablespoons butter softened
- 4.7 cups powdered sugar
- 1 teaspoon milk
- 0.3 cup cocoa powder unsweetened

Equipment

- bowl
- blender

Directions

- In a large bowl, beat butter until smooth with electric blender. Slowly beat in powdered sugar 1/3 cup at a time.
- Add milk. Beat in cocoa. Refrigerate until ready to use.

Nutrition Facts

 **PROTEIN 0.87%**  **FAT 21.82%**  **CARBS 77.31%**

Properties

Glycemic Index:5.5, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.0173913112477%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 178.07kcal (8.9%), Fat: 4.51g (6.94%), Saturated Fat: 2.85g (17.81%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 35.32g (12.84%), Sugar: 34.28g (38.09%), Cholesterol: 11.32mg (3.78%), Sodium: 34.95mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.12mg (1.37%), Protein: 0.41g (0.81%), Copper: 0.07mg (3.52%), Manganese: 0.07mg (3.51%), Fiber: 0.66g (2.65%), Vitamin A: 131.7IU (2.63%), Magnesium: 9.08mg (2.27%), Iron: 0.27mg (1.51%), Phosphorus: 14.73mg (1.47%)