

Chocolate Butter-Creme Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

FROSTING

ICING

Ingredients

- 0.3 cup butter softened
- 1.5 cups powdered sugar
- 1.5 tablespoons milk
- 1 pinch salt
- 1 ounce baker's chocolate unsweetened melted
- 1 teaspoon vanilla extract

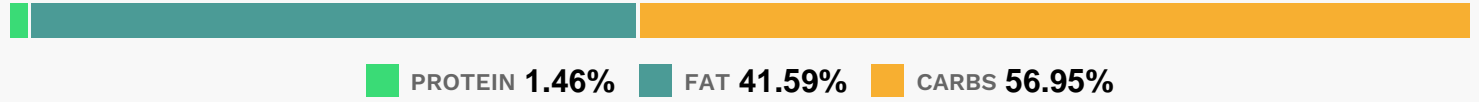
Equipment

- bowl

Directions

- In small bowl mix at medium speed, sugar, butter (softened), and salt until light and fluffy.
- Add melted chocolate, milk and vanilla extract, beating until well blended.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:3.2908695223539%

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: 318.54kcal (15.93%), Fat: 15.39g (23.68%), Saturated Fat: 9.69g (60.56%), Carbohydrates: 47.42g (15.81%), Net Carbohydrates: 46.25g (16.82%), Sugar: 44.48g (49.42%), Cholesterol: 31.18mg (10.39%), Sodium: 105.74mg (4.6%), Alcohol: 0.34g (100%), Alcohol %: 0.6% (100%), Caffeine: 5.67mg (1.89%), Protein: 1.22g (2.44%), Manganese: 0.3mg (14.98%), Copper: 0.23mg (11.65%), Vitamin A: 363.66IU (7.27%), Iron: 1.26mg (7.02%), Magnesium: 24.25mg (6.06%), Zinc: 0.72mg (4.83%), Fiber: 1.18g (4.71%), Phosphorus: 37.5mg (3.75%), Vitamin E: 0.36mg (2.4%), Potassium: 73.05mg (2.09%), Calcium: 18.05mg (1.8%), Vitamin B2: 0.03mg (1.72%), Vitamin K: 1.7µg (1.62%), Selenium: 1.09µg (1.56%)