



Chocolate Buttercream Frosting



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



307 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 5 Tbsp milk
- ☐ 16 oz powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

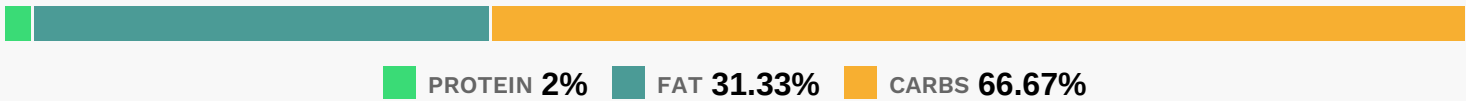
- ☐ whisk

☐ hand mixer

Directions

- ☐ Beat first 3 ingredients at medium speed with an electric mixer until creamy.
- ☐ Whisk together powdered sugar and cocoa. Gradually add powdered sugar mixture alternately with 3 Tbsp. milk, 1 Tbsp. at a time, beating at low speed until blended and smooth after each addition. Beat in up to 4 Tbsp. additional milk for desired consistency.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:3.5300000983736%

Flavonoids

Catechin: 4.13mg, Catechin: 4.13mg, Catechin: 4.13mg, Catechin: 4.13mg Epicatechin: 12.51mg, Epicatechin: 12.51mg, Epicatechin: 12.51mg, Epicatechin: 12.51mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 307.28kcal (15.36%), Fat: 11.37g (17.49%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 54.44g (18.15%), Net Carbohydrates: 52.08g (18.94%), Sugar: 49.87g (55.41%), Cholesterol: 28.11mg (9.37%), Sodium: 118.94mg (5.17%), Alcohol: 0.15g (100%), Alcohol %: 0.25% (100%), Caffeine: 14.65mg (4.88%), Protein: 1.63g (3.26%), Manganese: 0.25mg (12.39%), Copper: 0.25mg (12.27%), Fiber: 2.36g (9.43%), Magnesium: 33.09mg (8.27%), Vitamin A: 328.65IU (6.57%), Phosphorus: 58.23mg (5.82%), Iron: 0.92mg (5.11%), Potassium: 114.03mg (3.26%), Zinc: 0.49mg (3.23%), Vitamin B2: 0.04mg (2.42%), Calcium: 22mg (2.2%), Selenium: 1.5µg (2.14%), Vitamin E: 0.3mg (2.02%), Vitamin B12: 0.07µg (1.11%), Vitamin K: 1.07µg (1.02%)