

Chocolate Cookie Buttercream Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



468 kcal

DESSERT

Ingredients

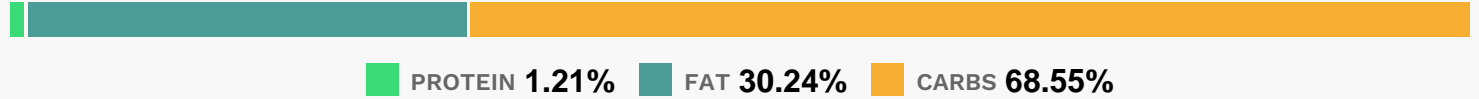
- 0.3 cup butter
- 3 tablespoons cocoa powder
- 2 cups powdered sugar
- 2 tablespoons milk
- 1 teaspoon vanilla extract

Equipment

Directions

- Mix together all ingredients. May need to add more milk (slowly) until frosting reaches a spreadable consistency.
- Spread on Chocolate Cookies or other cookies or bars of your choice. Enjoy!

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:3.296956533971%

Flavonoids

Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg, Catechin: 3.24mg Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg, Epicatechin: 9.82mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 468.07kcal (23.4%), Fat: 16.35g (25.15%), Saturated Fat: 10.31g (64.45%), Carbohydrates: 83.38g (27.79%), Net Carbohydrates: 81.53g (29.65%), Sugar: 78.99g (87.77%), Cholesterol: 41.87mg (13.96%), Sodium: 128.2mg (5.57%), Alcohol: 0.46g (100%), Alcohol %: 0.5% (100%), Caffeine: 11.5mg (3.83%), Protein: 1.47g (2.94%), Manganese: 0.2mg (9.93%), Copper: 0.2mg (9.81%), Vitamin A: 488.93IU (9.78%), Fiber: 1.85g (7.4%), Magnesium: 26.69mg (6.67%), Phosphorus: 51.42mg (5.14%), Iron: 0.75mg (4.16%), Vitamin E: 0.45mg (2.99%), Vitamin B2: 0.05mg (2.87%), Potassium: 99.11mg (2.83%), Zinc: 0.41mg (2.72%), Calcium: 24.19mg (2.42%), Selenium: 1.57µg (2.25%), Vitamin B12: 0.09µg (1.44%), Vitamin K: 1.48µg (1.41%)