

Chocolate Cream Cheese Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



1102 kcal

FROSTING

ICING

Ingredients

- 4 cups powdered sugar
- 8 ounce cream cheese
- 2 tablespoons evaporated milk
- 0.1 teaspoon salt
- 4 ounce baker's chocolate unsweetened
- 1 tablespoon vanilla extract

Equipment

- bowl

- oven
- blender
- double boiler
- microwave

Directions

- Have all ingredients at room temperature. Melt the chocolate in a double boiler or microwave oven.
- In a large bowl, beat cream cheese until fluffy.
- Pour melted chocolate into cream cheese and mix on medium speed until well blended.
- Add vanilla and pinch of salt. Slowly mix in the confectioners sugar.
- Scrape the sides of the bowl and increase mixer speed to medium-high. Slowly add evaporated milk until the frosting is spreading consistency.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:17.654347929942%

Flavonoids

Catechin: 24.32mg, Catechin: 24.32mg, Catechin: 24.32mg, Catechin: 24.32mg Epicatechin: 53.61mg, Epicatechin: 53.61mg, Epicatechin: 53.61mg, Epicatechin: 53.61mg

Nutrients (% of daily need)

Calories: 1102.35kcal (55.12%), Fat: 46.54g (71.6%), Saturated Fat: 27.96g (174.74%), Carbohydrates: 176.68g (58.89%), Net Carbohydrates: 170.41g (61.97%), Sugar: 161.22g (179.13%), Cholesterol: 79.25mg (26.42%), Sodium: 357.54mg (15.55%), Alcohol: 1.49g (100%), Alcohol %: 0.66% (100%), Caffeine: 30.24mg (10.08%), Protein: 10.21g (20.42%), Manganese: 1.6mg (80.03%), Copper: 1.25mg (62.58%), Iron: 6.78mg (37.67%), Magnesium: 133.33mg (33.33%), Zinc: 4.12mg (27.44%), Phosphorus: 252.65mg (25.26%), Fiber: 6.27g (25.1%), Vitamin A: 1039.19IU (20.78%), Vitamin B2: 0.28mg (16.34%), Selenium: 10.75µg (15.36%), Calcium: 139.74mg (13.97%), Potassium: 453.46mg (12.96%), Vitamin B5: 0.56mg (5.6%), Vitamin E: 0.82mg (5.45%), Vitamin B1: 0.08mg (5.21%), Vitamin K: 5.31µg (5.06%), Folate: 18.19µg (4.55%), Vitamin B3: 0.62mg (3.09%), Vitamin B12: 0.18µg (3.04%), Vitamin B6: 0.06mg (2.93%)