



Chocolate Doughnut Glaze

 Gluten Free

READY IN



41 min.

SERVINGS



20

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 2 cups confectioners' sugar sifted
- ☐ 1 tablespoon plus light
- ☐ 0.5 cup butter unsalted
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup milk whole warmed

Equipment

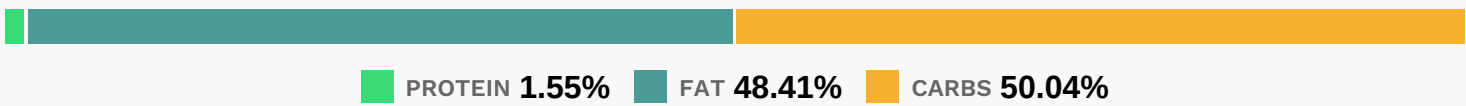
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine butter, milk, corn syrup, and vanilla in medium saucepan and heat over medium heat until butter is melted. Decrease the heat to low, add the chocolate, and whisk until melted. Turn off heat, add the powdered sugar, and whisk until smooth.
- ☐ Place the mixture over a bowl of warm water and dip the doughnuts immediately. Allow glaze to set for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:2.85, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.2226086955356%

Nutrients (% of daily need)

Calories: 126.29kcal (6.31%), Fat: 6.88g (10.58%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 15.99g (5.33%), Net Carbohydrates: 15.54g (5.65%), Sugar: 14.86g (16.51%), Cholesterol: 12.91mg (4.3%), Sodium: 3.31mg (0.14%), Alcohol: 0.14g (100%), Alcohol %: 0.63% (100%), Caffeine: 4.88mg (1.63%), Protein: 0.5g (0.99%), Manganese: 0.08mg (3.84%), Copper: 0.07mg (3.64%), Vitamin A: 149.59IU (2.99%), Magnesium: 10.52mg (2.63%), Iron: 0.37mg (2.04%), Phosphorus: 19.21mg (1.92%), Fiber: 0.45g (1.81%), Zinc: 0.17mg (1.16%), Vitamin E: 0.17mg (1.11%), Potassium: 38.93mg (1.11%)