



Chocolate Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



244 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup milk
- ☐ 3 cups powdered sugar sifted
- ☐ 0.1 teaspoon salt
- ☐ 4 ounce chocolate unsweetened
- ☐ 1 teaspoon vanilla extract

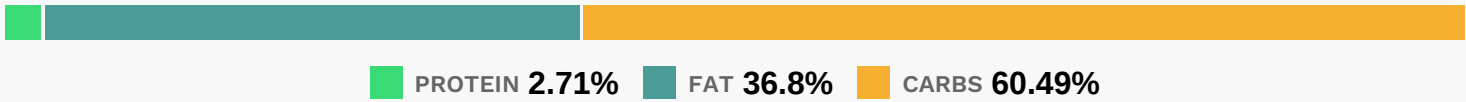
Equipment

- ☐ double boiler

Directions

- ☐ Combine first 4 ingredients in top of a double boiler; place over boiling water, stirring constantly, until chocolate and butter are melted.
- ☐ Remove from heat and cool.
- ☐ Add powdered sugar and vanilla to cooled mixture; beat until smooth.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:4.5682608748422%

Flavonoids

Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg, Catechin: 7.29mg Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg, Epicatechin: 16.08mg

Nutrients (% of daily need)

Calories: 243.69kcal (12.18%), Fat: 10.76g (16.55%), Saturated Fat: 4.77g (29.8%), Carbohydrates: 39.79g (13.26%), Net Carbohydrates: 37.91g (13.79%), Sugar: 35.75g (39.73%), Cholesterol: 0.98mg (0.33%), Sodium: 89.15mg (3.88%), Alcohol: 0.14g (100%), Alcohol %: 0.28% (100%), Caffeine: 9.07mg (3.02%), Protein: 1.78g (3.56%), Manganese: 0.48mg (23.76%), Copper: 0.37mg (18.48%), Iron: 2mg (11.09%), Magnesium: 38.28mg (9.57%), Zinc: 1.13mg (7.53%), Fiber: 1.88g (7.53%), Phosphorus: 54.9mg (5.49%), Vitamin A: 216.17IU (4.32%), Potassium: 110.02mg (3.14%), Calcium: 23.58mg (2.36%), Vitamin B2: 0.03mg (1.88%), Selenium: 1.29µg (1.84%), Vitamin E: 0.23mg (1.5%), Vitamin B1: 0.02mg (1.46%), Vitamin K: 1.12µg (1.07%)