



## Chocolate Frosting I

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



445 kcal

FROSTING

ICING

## Ingredients

- 5.3 tablespoons butter softened
- 1.5 cups powdered sugar
- 1 pinch salt
- 0.5 cup cocoa powder unsweetened
- 3 tablespoons water boiling

## Equipment

- bowl

## Directions

- In a large bowl, cream the butter.
- Add in cocoa, salt and boiling water, stirring until smooth.
- Add powdered sugar and beat until frosting reaches a spreadable consistency. If frosting seems too thick, add water. If it seems too thin, add powdered sugar.
- Spread on cooled cookies, such as Frosted Chocolate Walnut Goodies.

## Nutrition Facts



## Properties

Glycemic Index:16.67, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:7.1239130496979%

## Flavonoids

Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg, Catechin: 9.29mg Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg, Epicatechin: 28.16mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

## Nutrients (% of daily need)

Calories: 444.53kcal (22.23%), Fat: 22.15g (34.07%), Saturated Fat: 13.95g (87.18%), Carbohydrates: 68.19g (22.73%), Net Carbohydrates: 62.89g (22.87%), Sugar: 58.95g (65.5%), Cholesterol: 53.51mg (17.84%), Sodium: 177.91mg (7.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 32.97mg (10.99%), Protein: 3.02g (6.04%), Manganese: 0.55mg (27.62%), Copper: 0.55mg (27.49%), Fiber: 5.3g (21.21%), Magnesium: 72.17mg (18.04%), Vitamin A: 621.97IU (12.44%), Iron: 2.03mg (11.3%), Phosphorus: 111.18mg (11.12%), Zinc: 1.01mg (6.71%), Potassium: 225.04mg (6.43%), Vitamin E: 0.59mg (3.95%), Selenium: 2.66µg (3.8%), Vitamin B2: 0.05mg (3.2%), Calcium: 25.38mg (2.54%), Vitamin K: 2.1µg (2%), Vitamin B3: 0.32mg (1.61%), Folate: 5.33µg (1.33%)