



Chocolate Frosting II

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



255 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter
- 3.5 cups powdered sugar
- 2 tablespoons milk
- 0.3 cup cocoa powder unsweetened
- 1 tablespoon vanilla extract

Equipment

- bowl
- sauce pan

Directions

- In a saucepan over medium heat, melt butter. Stir in cocoa and vanilla.
- Place confectioners' sugar in a large bowl.
- Pour in cocoa mixture. Beat well (mixture will be extremely thick). Beat in milk, a teaspoon at a time, until desired consistency is achieved.

Nutrition Facts

PROTEIN 0.94% **FAT 32.87%** **CARBS 66.19%**

Properties

Glycemic Index:8.8, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:1.5186956602594%

Flavonoids

Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 255.21kcal (12.76%), Fat: 9.6g (14.76%), Saturated Fat: 6.06g (37.9%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 42.68g (15.52%), Sugar: 41.43g (46.03%), Cholesterol: 24.76mg (8.25%), Sodium: 75.53mg (3.28%), Alcohol: 0.45g (100%), Alcohol %: 0.95% (100%), Caffeine: 4.95mg (1.65%), Protein: 0.62g (1.23%), Vitamin A: 288.5IU (5.77%), Manganese: 0.09mg (4.36%), Copper: 0.09mg (4.27%), Fiber: 0.8g (3.18%), Magnesium: 11.47mg (2.87%), Phosphorus: 21.61mg (2.16%), Iron: 0.33mg (1.82%), Vitamin E: 0.27mg (1.78%), Vitamin B2: 0.02mg (1.32%), Potassium: 42.67mg (1.22%), Zinc: 0.17mg (1.16%), Selenium: 0.73µg (1.04%)