



## Chocolate Frosting V

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



269 kcal

FROSTING

ICING

### Ingredients

- 5 ounce evaporated milk canned
- 0.3 teaspoon salt
- 0.5 cup shortening
- 0.3 cup cocoa powder unsweetened
- 2 cups sugar white

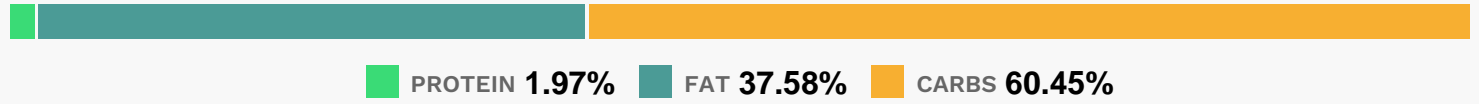
### Equipment

- sauce pan

## Directions

- In a saucepan, combine sugar, cocoa and salt.
- Add milk and shortening. Cook over medium heat until it comes to a boil.
- Remove from heat and let cool before spreading on cake.

## Nutrition Facts



## Properties

Glycemic Index:7.01, Glycemic Load:27.92, Inflammation Score:-1, Nutrition Score:2.1356521857821%

## 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: 268.65kcal (13.43%), Fat: 11.74g (18.07%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 42.51g (14.17%), Net Carbohydrates: 41.71g (15.17%), Sugar: 41.38g (45.98%), Cholesterol: 4.11mg (1.37%), Sodium: 74.42mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.95mg (1.65%), Protein: 1.39g (2.77%), Vitamin K: 5.59µg (5.33%), Phosphorus: 44.56mg (4.46%), Vitamin E: 0.65mg (4.35%), Copper: 0.09mg (4.33%), Manganese: 0.09mg (4.25%), Calcium: 40.29mg (4.03%), Magnesium: 14.13mg (3.53%), Vitamin B2: 0.06mg (3.39%), Fiber: 0.8g (3.18%), Potassium: 76.44mg (2.18%), Iron: 0.35mg (1.96%), Zinc: 0.26mg (1.73%), Vitamin B5: 0.17mg (1.66%), Selenium: 0.87µg (1.25%)