

Chocolate Fudge Buttercream Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1120 kcal

DESSERT

Ingredients

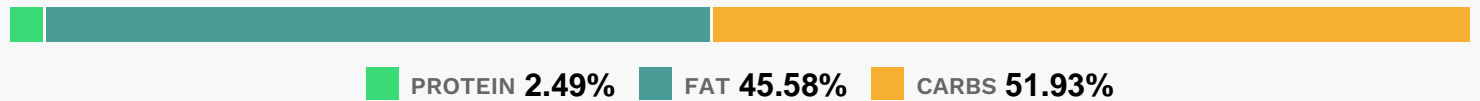
- 0.5 cup butter
- 2 cups powdered sugar
- 1 cup topping hot
- 2 tablespoons milk
- 0.3 cup shortening
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

Equipment

Directions

- Cream together the butter or margarine with the shortening.
- Sift the cocoa with the confectioners' sugar and add to the creamed mixture.
- Mix together adding 1 tablespoon at a time of milk to keep mixture smooth. Don't add more than 1/4 cup of milk.
- Add the hot fudge topping and the vanilla extract. Blend until smooth and creamy.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:12.473913078723%

Flavonoids

Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg, Catechin: 6.19mg Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg, Epicatechin: 18.77mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 1119.77kcal (55.99%), Fat: 58.41g (89.87%), Saturated Fat: 28.71g (179.42%), Carbohydrates: 149.77g (49.92%), Net Carbohydrates: 143.4g (52.14%), Sugar: 114.34g (127.05%), Cholesterol: 83.56mg (27.85%), Sodium: 602.09mg (26.18%), Alcohol: 0.46g (100%), Alcohol %: 0.23% (100%), Caffeine: 29.07mg (9.69%), Protein: 7.18g (14.37%), Manganese: 0.75mg (37.46%), Copper: 0.72mg (36.07%), Vitamin E: 4.6mg (30.7%), Fiber: 6.37g (25.49%), Magnesium: 98.44mg (24.61%), Vitamin A: 963.68IU (19.27%), Phosphorus: 187.69mg (18.77%), Iron: 2.71mg (15.08%), Vitamin K: 14.54µg (13.85%), Potassium: 460.68mg (13.16%), Zinc: 1.58mg (10.51%), Vitamin B2: 0.16mg (9.32%), Calcium: 84.38mg (8.44%), Selenium: 4.75µg (6.78%), Vitamin B1: 0.05mg (3.53%), Vitamin B5: 0.34mg (3.4%), Vitamin B12: 0.18µg (2.99%), Vitamin B3: 0.49mg (2.47%), Folate: 8.25µg (2.06%), Vitamin B6: 0.04mg (1.96%)