



Chocolate Fudge Frosting



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



426 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 0.8 cup half-and-half
- ☐ 5 cups powdered sugar sifted
- ☐ 6 ounce chocolate unsweetened
- ☐ 2 teaspoons vanilla extract

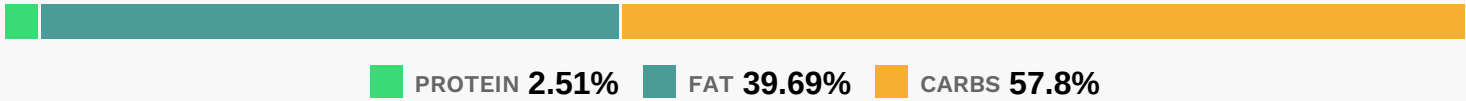
Equipment

- ☐ double boiler

Directions

- ☐ Combine butter, half-and-half, and chocolate in top of double boiler; cook over medium heat, stirring frequently, just until mixture comes to a boil.
- ☐ Remove from heat, and add sugar; beat until smooth. Stir in vanilla.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.1386956462394%

Flavonoids

Catechin: 10.94mg, Catechin: 10.94mg, Catechin: 10.94mg, Catechin: 10.94mg Epicatechin: 24.12mg, Epicatechin: 24.12mg, Epicatechin: 24.12mg, Epicatechin: 24.12mg

Nutrients (% of daily need)

Calories: 426.31kcal (21.32%), Fat: 20.12g (30.96%), Saturated Fat: 8.67g (54.21%), Carbohydrates: 65.94g (21.98%), Net Carbohydrates: 63.12g (22.95%), Sugar: 59.69g (66.32%), Cholesterol: 6.35mg (2.12%), Sodium: 123.46mg (5.37%), Alcohol: 0.28g (100%), Alcohol %: 0.32% (100%), Caffeine: 13.61mg (4.54%), Protein: 2.87g (5.73%), Manganese: 0.71mg (35.66%), Copper: 0.56mg (27.82%), Iron: 3.01mg (16.7%), Magnesium: 57.87mg (14.47%), Zinc: 1.72mg (11.44%), Fiber: 2.82g (11.29%), Vitamin A: 470.24IU (9.4%), Phosphorus: 87.94mg (8.79%), Potassium: 172.29mg (4.92%), Calcium: 40.69mg (4.07%), Vitamin B2: 0.07mg (4.03%), Selenium: 2.32µg (3.31%), Vitamin E: 0.47mg (3.1%), Vitamin B1: 0.03mg (2.11%), Vitamin K: 1.89µg (1.8%), Folate: 5.42µg (1.36%), Vitamin B3: 0.26mg (1.28%)