



Chocolate Glaze II

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



110 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter softened
- 2 cups powdered sugar sifted
- 4 tablespoons milk
- 2 tablespoons cocoa powder unsweetened
- 0.5 teaspoon vanilla extract

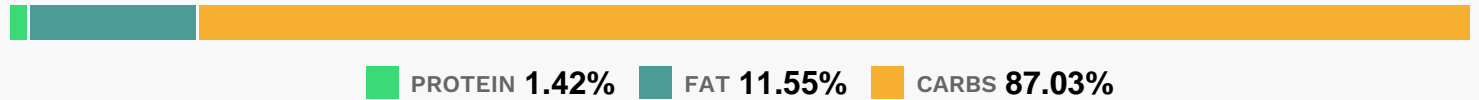
Equipment

- bowl

Directions

- In a small bowl, combine butter with sugar and cocoa.
- Add vanilla.
- Add milk gradually until smooth.
- Drizzle over cake.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.70782609024773%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 109.85kcal (5.49%), Fat: 1.46g (2.25%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 24.47g (8.9%), Sugar: 23.8g (26.45%), Cholesterol: 3.73mg (1.24%), Sodium: 11.99mg (0.52%), Alcohol: 0.07g (100%), Alcohol %: 0.27% (100%), Protein: 0.4g (0.81%), Manganese: 0.04mg (2%), Copper: 0.04mg (1.99%), Fiber: 0.37g (1.48%), Magnesium: 5.76mg (1.44%), Phosphorus: 13.75mg (1.37%)