



Chocolate Icing

 Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



690 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter
- 6 tablespoons milk
- 1 cup pecans toasted chopped
- 16 oz powdered sugar
- 0.3 cup cocoa unsweetened
- 1 teaspoon vanilla

Equipment

- sauce pan

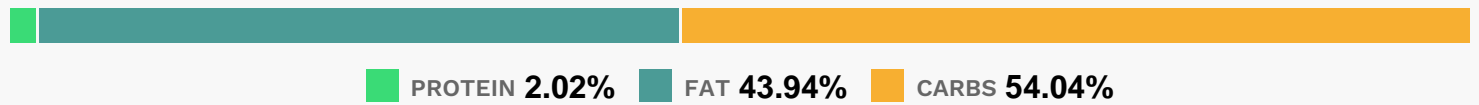
hand mixer

Directions

Combine butter, cocoa, and milk in a saucepan. Cook over low heat 5 minutes or until butter melts. Cook over medium heat until bubbles appear on the surface. (It will not come to a rolling boil.)

Remove from heat; gradually stir in sugar and vanilla. Beat at medium speed with an electric mixer until smooth and sugar dissolves, about 1 minute. Stir in pecans.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:0.41, Inflammation Score:-6, Nutrition Score:8.7734782734643%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg, Delphinidin: 1.59mg Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 8.63mg, Epicatechin: 8.63mg, Epicatechin: 8.63mg, Epicatechin: 8.63mg Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 689.65kcal (34.48%), Fat: 35.14g (54.05%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 97.2g (32.4%), Net Carbohydrates: 93.52g (34.01%), Sugar: 90.63g (100.7%), Cholesterol: 2.16mg (0.72%), Sodium: 223.69mg (9.73%), Alcohol: 0.28g (100%), Alcohol %: 0.22% (100%), Caffeine: 9.89mg (3.3%), Protein: 3.64g (7.27%), Manganese: 1.15mg (57.61%), Copper: 0.43mg (21.58%), Vitamin A: 853.35IU (17.07%), Fiber: 3.68g (14.74%), Magnesium: 50.77mg (12.69%), Phosphorus: 115.4mg (11.54%), Vitamin B1: 0.16mg (10.64%), Zinc: 1.36mg (9.09%), Vitamin E: 1.02mg (6.81%), Iron: 1.2mg (6.69%), Potassium: 194.27mg (5.55%), Vitamin B2: 0.09mg (5.29%), Calcium: 50.71mg (5.07%), Selenium: 2.33µg (3.33%), Vitamin B6: 0.06mg (3.2%), Vitamin B5: 0.29mg (2.86%), Vitamin B12: 0.12µg (2%), Vitamin B3: 0.38mg (1.88%), Folate: 6.4µg (1.6%), Vitamin D: 0.2µg (1.32%)