



Chocolate-Malt Buttercream Frosting

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



300 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter softened
- 0.5 cup liquid malt extract
- 5 Tbsp milk
- 16 oz powdered sugar
- 0.1 teaspoon salt
- 0.5 cup cocoa unsweetened
- 1 teaspoon vanilla extract

Equipment

- whisk
- hand mixer

Directions

- Beat first 3 ingredients at medium speed with an electric mixer until creamy.
- Whisk together powdered sugar, cocoa, and malted milk powder. Gradually add powdered sugar mixture alternately with 3 Tbsp. milk, 1 Tbsp. at a time, beating at low speed until blended and smooth after each addition. Beat in up to 4 Tbsp. additional milk for desired consistency.

Nutrition Facts



Properties

Glycemic Index:8.8, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:3.5152173754962%

Flavonoids

Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 300.03kcal (15%), Fat: 10.63g (16.35%), Saturated Fat: 6.62g (41.36%), Carbohydrates: 52.62g (17.54%), Net Carbohydrates: 51.02g (18.55%), Sugar: 47.83g (53.15%), Cholesterol: 26.8mg (8.93%), Sodium: 132.06mg (5.74%), Alcohol: 0.14g (100%), Alcohol %: 0.23% (100%), Caffeine: 9.89mg (3.3%), Protein: 2.08g (4.16%), Manganese: 0.18mg (9.15%), Copper: 0.18mg (8.95%), Magnesium: 28.45mg (7.11%), Phosphorus: 64.26mg (6.43%), Fiber: 1.6g (6.39%), Vitamin A: 309.79IU (6.2%), Vitamin B2: 0.09mg (5.36%), Iron: 0.67mg (3.73%), Potassium: 128.21mg (3.66%), Calcium: 36.59mg (3.66%), Selenium: 2.17µg (3.1%), Zinc: 0.4mg (2.67%), Vitamin B1: 0.04mg (2.65%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.29mg (1.96%), Vitamin B12: 0.11µg (1.83%), Vitamin B6: 0.04mg (1.79%), Vitamin K: 1.26µg (1.2%), Folate: 4.59µg (1.15%)