



Chocolate-Marshmallow Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1412 kcal

FROSTING

ICING

Ingredients

- ☐ 0.8 cup evaporated milk
- ☐ 0.8 cup butter
- ☐ 3 cups marshmallows miniature
- ☐ 6 cups powdered sugar
- ☐ 6 ounces chocolate unsweetened chopped
- ☐ 1 tablespoon vanilla extract

Equipment

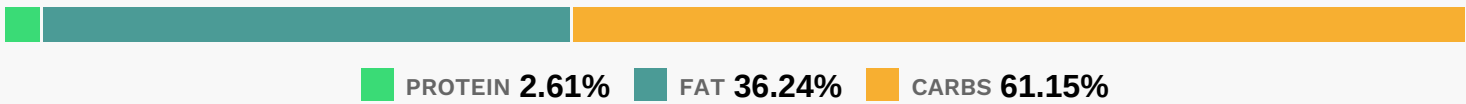
- ☐ bowl

- ☐ sauce pan
- ☐ hand mixer

Directions

- ☐ Melt first 4 ingredients in a 2-quart saucepan over medium-low heat, stirring 5 minutes or until mixture is smooth.
- ☐ Transfer chocolate mixture to a large bowl.
- ☐ Place the bowl into a larger bowl filled with ice and water. Gradually add powdered sugar, beating at low speed with an electric mixer. Increase speed to medium-high, and beat 5 minutes or until frosting is cool, thick, and spreadable. Stir in 1 tablespoon vanilla.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:18.42, Inflammation Score:-9, Nutrition Score:19.813913036948%

Flavonoids

Catechin: 27.36mg, Catechin: 27.36mg, Catechin: 27.36mg, Catechin: 27.36mg Epicatechin: 60.31mg, Epicatechin: 60.31mg, Epicatechin: 60.31mg, Epicatechin: 60.31mg

Nutrients (% of daily need)

Calories: 1411.67kcal (70.58%), Fat: 60.16g (92.55%), Saturated Fat: 23.06g (144.1%), Carbohydrates: 228.35g (76.12%), Net Carbohydrates: 221.26g (80.46%), Sugar: 203.18g (225.76%), Cholesterol: 13.7mg (4.57%), Sodium: 495.55mg (21.55%), Alcohol: 1.12g (100%), Alcohol %: 0.4% (100%), Caffeine: 34.02mg (11.34%), Protein: 9.76g (19.53%), Manganese: 1.79mg (89.62%), Copper: 1.43mg (71.68%), Iron: 7.69mg (42.71%), Magnesium: 152.81mg (38.2%), Vitamin A: 1635.39IU (32.71%), Zinc: 4.5mg (29.97%), Fiber: 7.1g (28.39%), Phosphorus: 279mg (27.9%), Calcium: 182.32mg (18.23%), Potassium: 524.28mg (14.98%), Vitamin B2: 0.25mg (14.43%), Vitamin E: 1.57mg (10.43%), Selenium: 6.25µg (8.93%), Vitamin B1: 0.09mg (5.98%), Vitamin K: 4.41µg (4.2%), Vitamin B5: 0.41mg (4.12%), Folate: 16.49µg (4.12%), Vitamin B3: 0.72mg (3.6%), Vitamin B6: 0.04mg (2.05%), Vitamin B12: 0.12µg (1.97%), Vitamin C: 0.98mg (1.19%)