



Chocolate Sour Cream Frosting

 **Gluten Free**

READY IN



20 min.

SERVINGS



6

CALORIES



328 kcal

FROSTING

ICING

Ingredients

- 2 tablespoons chocolate syrup
- 0.7 cup cup heavy whipping cream sour
- 1 teaspoon vanilla extract
- 2 cups sugar white

Equipment

- sauce pan
- candy thermometer

Directions

- In a saucepan, combine the sugar and chocolate syrup. When well mixed, stir in the sour cream. Cook over medium heat to the soft ball stage (234 degrees F, 112 degrees C on candy thermometer).
- Remove from the heat. blend in vanilla and beat until thick enough to spread.

Nutrition Facts



Properties

Glycemic Index:11.68, Glycemic Load:46.54, Inflammation Score:-1, Nutrition Score:1.2465217405039%

Nutrients (% of daily need)

Calories: 327.79kcal (16.39%), Fat: 5.25g (8.07%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 72.01g (24%), Net Carbohydrates: 71.83g (26.12%), Sugar: 70.8g (78.67%), Cholesterol: 15.08mg (5.03%), Sodium: 13.45mg (0.58%), Alcohol: 0.23g (100%), Alcohol %: 0.29% (100%), Protein: 0.76g (1.53%), Vitamin B2: 0.06mg (3.5%), Vitamin A: 159.21IU (3.18%), Phosphorus: 28.06mg (2.81%), Calcium: 27.48mg (2.75%), Copper: 0.04mg (2.19%), Selenium: 1.44µg (2.06%), Magnesium: 6.97mg (1.74%), Manganese: 0.03mg (1.62%), Potassium: 49.2mg (1.41%), Iron: 0.19mg (1.07%)