



## Chocolate Tofu Frosting

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



24

CALORIES



96 kcal

FROSTING

ICING

## Ingredients

- 2 tablespoons coffee-flavor liqueur
- 12.3 oz nonrefrigerated extra-firm regular low-fat
- 1 package semi chocolate chips (6 oz., 1 cup)
- 1 tablespoon vanilla

## Equipment

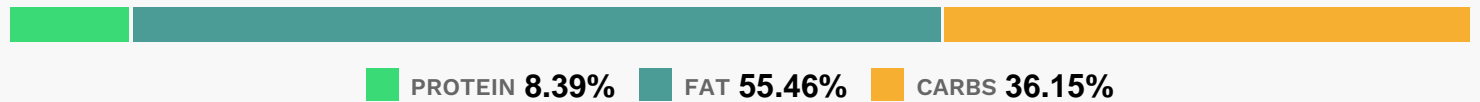
- bowl
- oven
- blender

microwave

## Directions

- Pour chocolate into a microwave-safe bowl.
- Heat in a microwave oven on half power (50%) until chocolate is soft, 2 to 2 1/2 minutes.
- Meanwhile, in a blender combine tofu, rum, and vanilla. Whirl until smoothly pureed.
- Stir chocolate until smooth.
- Scrape into blender with tofu mixture. Whirl until smoothly pureed.
- Pour into a bowl and nest in ice water. Stir often until frosting is cold, 10 to 12 minutes. Use or cover airtight and chill up to 2 days; stir before spreading.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.4856521934271%

## Nutrients (% of daily need)

Calories: 95.86kcal (4.79%), Fat: 5.71g (8.78%), Saturated Fat: 3.17g (19.79%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 7.22g (2.63%), Sugar: 6g (6.66%), Cholesterol: 0.85mg (0.28%), Sodium: 10.72mg (0.47%), Alcohol: 0.46g (100%), Alcohol %: 1.9% (100%), Caffeine: 12.18mg (4.06%), Protein: 1.94g (3.89%), Copper: 0.21mg (10.31%), Manganese: 0.19mg (9.45%), Magnesium: 28.92mg (7.23%), Iron: 1.07mg (5.94%), Phosphorus: 51.4mg (5.14%), Fiber: 1.15g (4.59%), Zinc: 0.46mg (3.09%), Potassium: 103.5mg (2.96%), Selenium: 1.19µg (1.7%), Calcium: 13.35mg (1.33%), Vitamin B1: 0.02mg (1.07%)