



Coconut Pecan Frosting II

 Vegetarian  Gluten Free

READY IN

ready

15 min.

SERVINGS

servings

10

CALORIES

calories

370 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup butter
- ☐ 1.5 cups coconut or flaked
- ☐ 3 egg yolks
- ☐ 1 cup evaporated milk
- ☐ 1 cup pecans chopped
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup sugar white

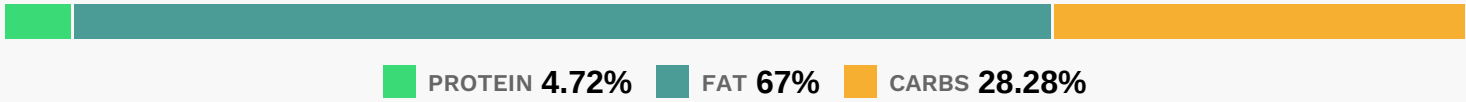
Equipment

☐ sauce pan

Directions

- ☐ In a saucepan over medium heat, combine milk, sugar, egg yolks, butter and vanilla. Cook, stirring frequently, until thickened.
- ☐ Remove from heat and stir in coconut and pecans.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:14.01, Inflammation Score:-3, Nutrition Score:7.5621740014657%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 370.41kcal (18.52%), Fat: 28.68g (44.12%), Saturated Fat: 15.48g (96.72%), Carbohydrates: 27.23g (9.08%), Net Carbohydrates: 24.11g (8.77%), Sugar: 23.95g (26.61%), Cholesterol: 90.03mg (30.01%), Sodium: 107.24mg (4.66%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 4.55g (9.1%), Manganese: 0.85mg (42.33%), Phosphorus: 131.42mg (13.14%), Fiber: 3.12g (12.5%), Copper: 0.24mg (12.11%), Selenium: 6.61µg (9.44%), Calcium: 86.65mg (8.67%), Vitamin A: 427.84IU (8.56%), Vitamin B2: 0.14mg (8.42%), Magnesium: 31.26mg (7.81%), Zinc: 1.08mg (7.21%), Vitamin B1: 0.1mg (6.77%), Potassium: 199.88mg (5.71%), Vitamin B5: 0.53mg (5.31%), Iron: 0.91mg (5.04%), Vitamin B6: 0.09mg (4.65%), Vitamin E: 0.65mg (4.34%), Folate: 13.79µg (3.45%), Vitamin B12: 0.16µg (2.75%), Vitamin D: 0.32µg (2.11%), Vitamin K: 1.4µg (1.34%), Vitamin B3: 0.26mg (1.31%)