



## Coconut Pecan Fudge Frosting

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



321 kcal

DESSERT

### Ingredients

- 1 Tbsp bourbon
- 1 cup brown sugar
- 0.8 cup coconut milk
- 2 Tbsp cornstarch
- 0.5 cup pecans coarsely chopped
- 0.3 cup rice milk
- 1 pinch salt
- 1.5 cups coconut or shredded unsweetened

1 tsp vanilla extract

## Equipment

bowl

sauce pan

whisk

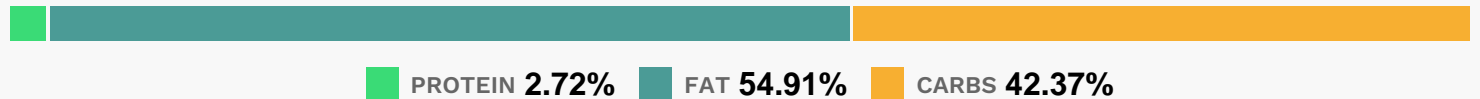
## Directions

Whisk rice milk, cornstarch and salt in a small bowl. In a large, stainless-steel saucepan over medium heat, stir together the coconut milk and brown sugar. Cook, stirring occasionally, until mixture starts to boil. Turn down heat to low and cook, stirring occasionally, for 5 minutes.

Whisk the rice-milk mixture once more, and slowly pour into the coconut-milk mixture, stirring constantly to incorporate. Stir mixture continuously, until it darkens, gets very thick and smooth, and cornstarch is cooked, about 6 to 7 minutes.

Remove from heat and beat in vanilla and bourbon, chopped pecans and coconut. Stir until everything is coated and completely combined. Cool to room temperature before frosting cupcakes.

## Nutrition Facts



## Properties

Glycemic Index: 25.13, Glycemic Load: 1.22, Inflammation Score: -1, Nutrition Score: 5.976956507758%

## Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

## Nutrients (% of daily need)

Calories: 321.3kcal (16.06%), Fat: 20.29g (31.22%), Saturated Fat: 14.37g (89.8%), Carbohydrates: 35.23g (11.74%), Net Carbohydrates: 31.78g (11.55%), Sugar: 28.61g (31.79%), Cholesterol: 0mg (0%), Sodium: 24.85mg (1.08%),

Alcohol: 0.81g (100%), Alcohol %: 1.21% (100%), Protein: 2.27g (4.53%), Manganese: 0.94mg (47%), Fiber: 3.45g (13.82%), Copper: 0.28mg (13.75%), Iron: 1.64mg (9.12%), Magnesium: 35.53mg (8.88%), Phosphorus: 74.87mg (7.49%), Potassium: 204.12mg (5.83%), Selenium: 3.85µg (5.5%), Zinc: 0.76mg (5.07%), Vitamin B6: 0.08mg (4.13%), Vitamin B1: 0.06mg (3.74%), Calcium: 36.35mg (3.64%), Vitamin B5: 0.26mg (2.62%), Vitamin B3: 0.35mg (1.73%), Folate: 6.17µg (1.54%), Vitamin B2: 0.03mg (1.53%), Vitamin E: 0.16mg (1.09%)