



Coconutty-Pecan Frosting



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



1124 kcal

FROSTING

ICING

Ingredients

- ☐ 0.8 cup butter
- ☐ 4 egg yolks lightly beaten
- ☐ 12 oz evaporated milk canned
- ☐ 1.5 cups pecans chopped
- ☐ 1.5 cups sugar
- ☐ 2.5 cups coconut flakes unsweetened organic
- ☐ 2 teaspoons vanilla extract

Equipment

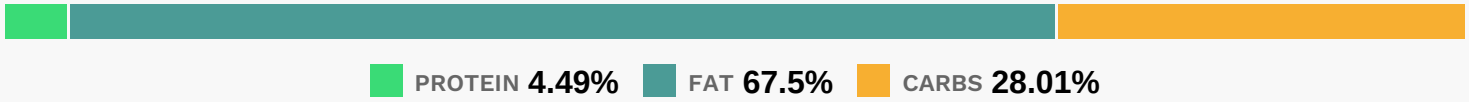
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sauce pan

Directions

- ☐ Combine milk, sugar, butter, and egg yolks in a 3-qt. heavy saucepan. Bring to a simmer over medium heat; cook 8 to 10 minutes or until frosting is thickened, stirring occasionally.
- ☐ Remove from heat. Stir in coconut, pecans, and vanilla.
- ☐ Let cool.

Nutrition Facts



Properties

Glycemic Index:26.02, Glycemic Load:42.04, Inflammation Score:-7, Nutrition Score:21.303043697191%

Flavonoids

Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg, Cyanidin: 3.51mg Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg, Delphinidin: 2.38mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg, Epigallocatechin: 1.84mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg

Nutrients (% of daily need)

Calories: 1124.42kcal (56.22%), Fat: 87.74g (134.98%), Saturated Fat: 48.34g (302.12%), Carbohydrates: 81.93g (27.31%), Net Carbohydrates: 71.86g (26.13%), Sugar: 71.44g (79.37%), Cholesterol: 248.46mg (82.82%), Sodium: 314.44mg (13.67%), Alcohol: 0.55g (100%), Alcohol %: 0.28% (100%), Protein: 13.14g (26.27%), Manganese: 2.66mg (132.81%), Fiber: 10.07g (40.27%), Phosphorus: 380.68mg (38.07%), Copper: 0.76mg (37.9%), Selenium: 19.43µg (27.76%), Vitamin A: 1239.48IU (24.79%), Magnesium: 95.74mg (23.93%), Calcium: 239.05mg (23.9%), Vitamin B2: 0.4mg (23.56%), Zinc: 3.23mg (21.53%), Vitamin B1: 0.3mg (20.03%), Potassium: 598.44mg (17.1%), Iron: 2.8mg (15.55%), Vitamin B5: 1.52mg (15.25%), Vitamin B6: 0.28mg (14.1%), Vitamin E: 1.92mg (12.77%), Folate: 38.51µg (9.63%), Vitamin B12: 0.45µg (7.46%), Vitamin D: 0.85µg (5.64%), Vitamin B3: 0.8mg (3.98%), Vitamin K: 4.16µg (3.97%), Vitamin C: 2.29mg (2.78%)