



Coffee Frosting



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



272 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon coffee granules instant
- ☐ 4 cups powdered sugar sifted
- ☐ 1 Dash salt
- ☐ 3 ounce chocolate unsweetened
- ☐ 0.5 cup water boiling

Equipment

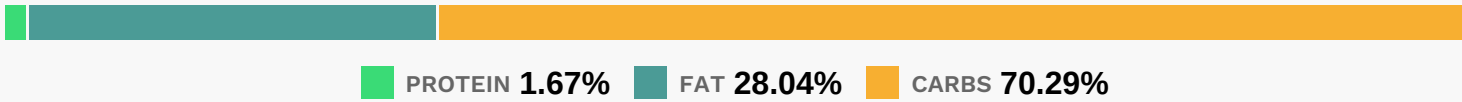
- ☐ double boiler

☐ hand mixer

Directions

- ☐ Combine coffee granules and boiling water, stirring until dissolved; set aside.
- ☐ Combine chocolate, butter, and salt in top of a double boiler. Cook over medium heat, stirring until smooth.
- ☐ Remove from heat; cool.
- ☐ Stir in coffee mixture. Gradually add powdered sugar, beating at medium speed of electric mixer 1 minute or until mixture is smooth and creamy. Use immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.4347826045654%

Flavonoids

Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg, Catechin: 5.47mg Epicatechin: 12.06mg, Epicatechin: 12.06mg, Epicatechin: 12.06mg, Epicatechin: 12.06mg

Nutrients (% of daily need)

Calories: 271.9kcal (13.59%), Fat: 9.02g (13.88%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 50.87g (16.96%), Net Carbohydrates: 49.46g (17.98%), Sugar: 47.02g (52.25%), Cholesterol: 0mg (0%), Sodium: 61.17mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 22.5mg (7.5%), Protein: 1.21g (2.42%), Manganese: 0.36mg (18.24%), Copper: 0.28mg (14.05%), Iron: 1.53mg (8.5%), Magnesium: 29.73mg (7.43%), Fiber: 1.41g (5.65%), Zinc: 0.83mg (5.51%), Vitamin A: 202.99IU (4.06%), Phosphorus: 36.84mg (3.68%), Potassium: 91.63mg (2.62%), Selenium: 1.04µg (1.49%), Vitamin E: 0.21mg (1.4%), Vitamin B3: 0.26mg (1.29%), Vitamin B2: 0.02mg (1.18%), Calcium: 11.83mg (1.18%)