

Condensed Milk Chocolate Frosting



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

FROSTING

ICING

Ingredients

- ☐ 1 pinch salt
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 2 ounce chocolate unsweetened
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 tablespoon water

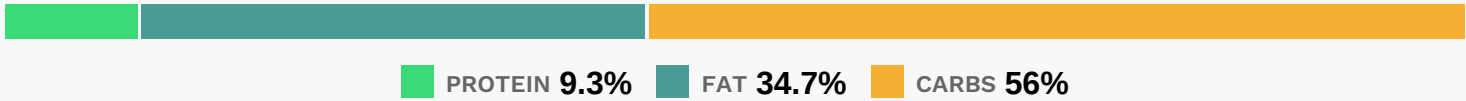
Equipment

- ☐ sauce pan

Directions

- ☐ In heavy saucepan, over medium heat, melt chocolate with sweetened condensed milk and salt. Cook and stir until it thickens, about 10 minutes.
- ☐ Remove from heat. Stir in water; cool. Stir in vanilla. Store at room temperature.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:21.95, Inflammation Score:-4, Nutrition Score:8.0300000776415%

Flavonoids

Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg, Catechin: 6.08mg Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg, Epicatechin: 13.4mg

Nutrients (% of daily need)

Calories: 260.64kcal (13.03%), Fat: 10.7g (16.46%), Saturated Fat: 6.69g (41.8%), Carbohydrates: 38.85g (12.95%), Net Carbohydrates: 37.28g (13.56%), Sugar: 36.11g (40.13%), Cholesterol: 22.49mg (7.5%), Sodium: 92.89mg (4.04%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Caffeine: 7.56mg (2.52%), Protein: 6.45g (12.9%), Phosphorus: 205.18mg (20.52%), Manganese: 0.4mg (19.93%), Calcium: 197.52mg (19.75%), Vitamin B2: 0.28mg (16.76%), Copper: 0.32mg (15.8%), Selenium: 10.56µg (15.08%), Magnesium: 48.16mg (12.04%), Zinc: 1.53mg (10.22%), Iron: 1.77mg (9.84%), Potassium: 324.34mg (9.27%), Fiber: 1.57g (6.27%), Vitamin B5: 0.51mg (5.12%), Vitamin B1: 0.07mg (4.9%), Vitamin B12: 0.29µg (4.85%), Vitamin A: 176.62IU (3.53%), Folate: 9.92µg (2.48%), Vitamin C: 1.72mg (2.08%), Vitamin B6: 0.04mg (1.82%), Vitamin B3: 0.27mg (1.34%), Vitamin K: 1.31µg (1.25%)