



## Creamy Chocolate Frosting

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



207 kcal

FROSTING

ICING

### Ingredients

- 6 tablespoons butter
- 2.8 cups powdered sugar
- 5 tablespoons evaporated milk
- 6 tablespoons cocoa powder unsweetened
- 1 teaspoon vanilla extract

### Equipment

- bowl

## Directions

- In a medium bowl, sift together the confectioners' sugar and cocoa, and set aside.
- In a large bowl, cream butter until smooth, then gradually beat in sugar mixture alternately with evaporated milk. Blend in vanilla. Beat until light and fluffy. If necessary, adjust consistency with more milk or sugar.

## Nutrition Facts

**PROTEIN 2.16%** **FAT 32.35%** **CARBS 65.49%**

## Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.0265217295483%

## Flavonoids

Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg, Catechin: 1.94mg Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg, Epicatechin: 5.89mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 206.71kcal (10.34%), Fat: 7.79g (11.99%), Saturated Fat: 4.9g (30.65%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 34.37g (12.5%), Sugar: 33.14g (36.82%), Cholesterol: 20.24mg (6.74%), Sodium: 63.29mg (2.75%), Alcohol: 0.14g (100%), Alcohol %: 0.33% (100%), Caffeine: 6.9mg (2.3%), Protein: 1.17g (2.34%), Manganese: 0.12mg (5.89%), Copper: 0.12mg (5.87%), Vitamin A: 227.84IU (4.56%), Fiber: 1.11g (4.44%), Magnesium: 16.99mg (4.25%), Phosphorus: 39.28mg (3.93%), Calcium: 25.81mg (2.58%), Iron: 0.45mg (2.52%), Vitamin B2: 0.04mg (2.38%), Potassium: 71.59mg (2.05%), Zinc: 0.27mg (1.82%), Vitamin E: 0.21mg (1.4%), Selenium: 0.88µg (1.26%)