

# Creamy Chocolate Frosting II

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



6

CALORIES



237 kcal

FROSTING

ICING

## Ingredients

- 2 tablespoons butter
- 2 cups powdered sugar
- 2 ounce baker's chocolate unsweetened chopped
- 0.5 teaspoon vanilla extract
- 0.3 cup water

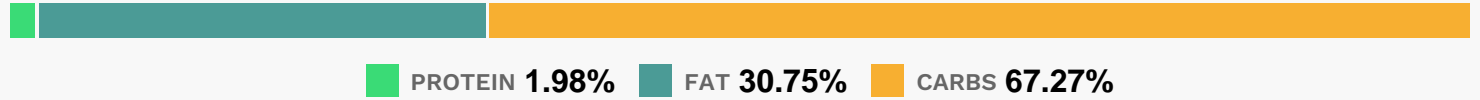
## Equipment

- sauce pan
- hand mixer

## Directions

- In a medium saucepan, melt the butter and chocolate over low heat. Stir constantly until melted and well blended.
- Add the vanilla and sugar; beat with an electric mixer.
- Add water gradually as you beat until it is a spreadable consistency.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.6021739118935%

## 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: 237.46kcal (11.87%), Fat: 8.7g (13.38%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 42.82g (14.27%), Net Carbohydrates: 41.26g (15%), Sugar: 39.25g (43.61%), Cholesterol: 0mg (0%), Sodium: 47.6mg (2.07%), Alcohol: 0.11g (100%), Alcohol %: 0.23% (100%), Caffeine: 7.56mg (2.52%), Protein: 1.26g (2.52%), Manganese: 0.4mg (19.81%), Copper: 0.31mg (15.51%), Iron: 1.67mg (9.27%), Magnesium: 31.18mg (7.79%), Fiber: 1.57g (6.27%), Zinc: 0.92mg (6.1%), Phosphorus: 38.89mg (3.89%), Vitamin A: 166.93IU (3.34%), Potassium: 81.69mg (2.33%), Selenium: 1.01µg (1.44%), Vitamin E: 0.18mg (1.22%), Calcium: 11.68mg (1.17%), Vitamin B2: 0.02mg (1.12%)