



Easy Chocolate Frosting

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



188 kcal

FROSTING

ICING

Ingredients

- 4 oz baker's chocolate unsweetened
- 0.3 cup butter softened ()
- 0.5 cup milk
- 16 oz powdered sugar divided (4 cups)
- 1 tsp vanilla

Equipment

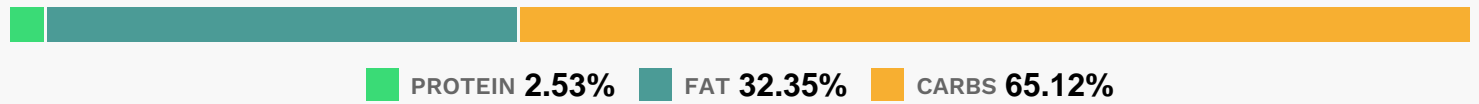
- bowl
- sauce pan

hand mixer

Directions

- Melt chocolate in saucepan on very low heat, stirring constantly; set aside.
- Beat butter in large bowl with electric mixer on medium speed until creamy. Gradually add about half of the sugar, beating on low speed after each addition until well blended.
- Add chocolate and vanilla; mix well.
- Add remaining sugar alternately with the milk, beating until well blended after each addition. Use to frost your favorite cake or cupcake recipe.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:3.1417391213548%

Flavonoids

Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg, Catechin: 4.86mg Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg, Epicatechin: 10.72mg

Nutrients (% of daily need)

Calories: 188.4kcal (9.42%), Fat: 7.26g (11.17%), Saturated Fat: 3.23g (20.18%), Carbohydrates: 32.88g (10.96%), Net Carbohydrates: 31.63g (11.5%), Sugar: 30.07g (33.41%), Cholesterol: 0.98mg (0.33%), Sodium: 41.21mg (1.79%), Alcohol: 0.1g (100%), Alcohol %: 0.24% (100%), Caffeine: 6.05mg (2.02%), Protein: 1.28g (2.55%), Manganese: 0.32mg (15.86%), Copper: 0.25mg (12.34%), Iron: 1.33mg (7.41%), Magnesium: 25.84mg (6.46%), Zinc: 0.76mg (5.1%), Fiber: 1.25g (5.02%), Phosphorus: 39.34mg (3.93%), Vitamin A: 148.51IU (2.97%), Potassium: 77.56mg (2.22%), Calcium: 19.11mg (1.91%), Vitamin B2: 0.03mg (1.54%), Selenium: 0.95µg (1.35%), Vitamin B1: 0.02mg (1.07%), Vitamin E: 0.15mg (1.01%)