



Easy Chocolate Frosting

 Gluten Free

READY IN



15 min.

SERVINGS



20

CALORIES



141 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

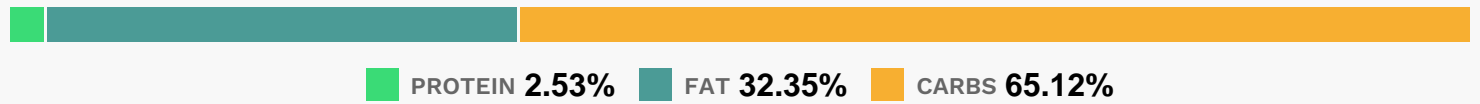
- bowl
- sauce pan

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:1.9, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:2.3565217519746%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

Nutrients (% of daily need)

Calories: 141.3kcal (7.06%), Fat: 5.45g (8.38%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 23.72g (8.63%), Sugar: 22.55g (25.06%), Cholesterol: 0.73mg (0.24%), Sodium: 30.91mg (1.34%), Alcohol: 0.07g (100%), Alcohol %: 0.24% (100%), Caffeine: 4.54mg (1.51%), Protein: 0.96g (1.91%), Manganese: 0.24mg (11.89%), Copper: 0.19mg (9.26%), Iron: 1mg (5.56%), Magnesium: 19.38mg (4.85%), Zinc: 0.57mg (3.82%), Fiber: 0.94g (3.76%), Phosphorus: 29.51mg (2.95%), Vitamin A: 111.38IU (2.23%), Potassium: 58.17mg (1.66%), Calcium: 14.33mg (1.43%), Vitamin B2: 0.02mg (1.16%), Selenium: 0.71µg (1.02%)