



## Falck Fudge Frosting

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



212 kcal

DESSERT

### Ingredients

- 0.5 cup butter
- 0.5 cup cocoa powder (such as Hershey's®)
- 0.5 cup milk divided
- 2 teaspoons vanilla extract
- 2 cups sugar white

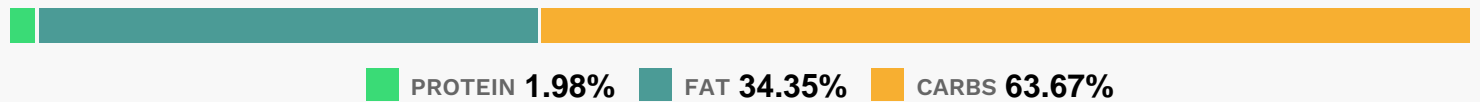
### Equipment

- sauce pan

## Directions

- Stir sugar, cocoa powder, butter, and 7 tablespoons milk together in a saucepan; bring to a boil. Cook, stirring constantly, at a boil for 2 minutes.
- Remove immediately and put saucepan in a sink with 1 inch cold water in it to cool the frosting.
- Add remaining milk and vanilla extract to the frosting; stir until thick.

## Nutrition Facts



## Properties

Glycemic Index:13.17, Glycemic Load:23.45, Inflammation Score:-2, Nutrition Score:2.2660869606163%

## Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 212.34kcal (10.62%), Fat: 8.59g (13.22%), Saturated Fat: 5.34g (33.37%), Carbohydrates: 35.84g (11.95%), Net Carbohydrates: 34.51g (12.55%), Sugar: 33.91g (37.68%), Cholesterol: 21.56mg (7.19%), Sodium: 65.83mg (2.86%), Alcohol: 0.23g (100%), Alcohol %: 0.51% (100%), Caffeine: 8.24mg (2.75%), Protein: 1.12g (2.23%), Manganese: 0.14mg (7.04%), Copper: 0.14mg (6.94%), Fiber: 1.33g (5.3%), Vitamin A: 252.83IU (5.06%), Magnesium: 19.37mg (4.84%), Phosphorus: 38.88mg (3.89%), Iron: 0.52mg (2.87%), Potassium: 73.64mg (2.1%), Zinc: 0.3mg (1.99%), Calcium: 19.77mg (1.98%), Vitamin B2: 0.03mg (1.93%), Vitamin E: 0.23mg (1.52%), Selenium: 1µg (1.43%), Vitamin B12: 0.07µg (1.18%)