



Favorite Chocolate Frosting



Gluten Free



Low Fod Map

READY IN



11 min.

SERVINGS



12

CALORIES



355 kcal

FROSTING

ICING

Ingredients

- ☐ 0.3 cup natural cocoa powder unsweetened
- ☐ 0.3 cup milk plus more if needed — can use buttermilk or half & half
- ☐ 4 cups powdered sugar sifted ()
- ☐ 1 pinch salt if using butter unsalted
- ☐ 8 oz butter unsalted salted
- ☐ 2 oz bittersweet chocolate chopped
- ☐ 2 oz chocolate unsweetened
- ☐ 2 teaspoons vanilla

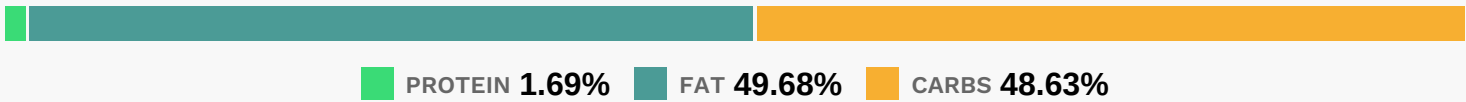
Equipment

- ☐ bowl
- ☐ double boiler
- ☐ microwave

Directions

- ☐ Melt both chocolates in microwave or double boiler and set aside to cool for about 30 minutes. Beat the butter until creamy. Stir in the cocoa power, about a cup of the powdered sugar, and the cooled melted chocolate. Scrape sides of bowl and beat well.
- ☐ Add remaining powdered sugar, then add milk, vanilla and salt, beating and scraping until you get the consistency you like

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.1617391635866%

Flavonoids

Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg, Catechin: 4.2mg Epicatechin: 10.22mg, Epicatechin: 10.22mg, Epicatechin: 10.22mg, Epicatechin: 10.22mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 355.35kcal (17.77%), Fat: 20.5g (31.55%), Saturated Fat: 12.82g (80.12%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 43.33g (15.76%), Sugar: 41.23g (45.81%), Cholesterol: 42.86mg (14.29%), Sodium: 8.01mg (0.35%), Alcohol: 0.23g (100%), Alcohol %: 0.38% (100%), Caffeine: 11.96mg (3.99%), Protein: 1.57g (3.14%), Manganese: 0.33mg (16.61%), Copper: 0.29mg (14.32%), Vitamin A: 494.6IU (9.89%), Magnesium: 33.67mg (8.42%), Iron: 1.4mg (7.78%), Fiber: 1.83g (7.3%), Phosphorus: 53.72mg (5.37%), Zinc: 0.74mg (4.96%), Vitamin E: 0.5mg (3.34%), Potassium: 106.24mg (3.04%), Selenium: 1.63µg (2.32%), Vitamin K: 2.24µg (2.13%), Vitamin B2: 0.04mg (2.11%), Calcium: 20.42mg (2.04%), Vitamin D: 0.28µg (1.9%)