

# Chocolate One Minute Icing

 **Gluten Free**

READY IN



**6 min.**

SERVINGS



**3**

CALORIES



**533 kcal**

FROSTING

ICING

## Ingredients

- 2 tablespoons butter
- 0.3 cup evaporated milk canned
- 0.3 cup shortening
- 1 cup sugar
- 0.3 cup cocoa powder unsweetened
- 1 teaspoon vanilla extract

## Equipment

- sauce pan

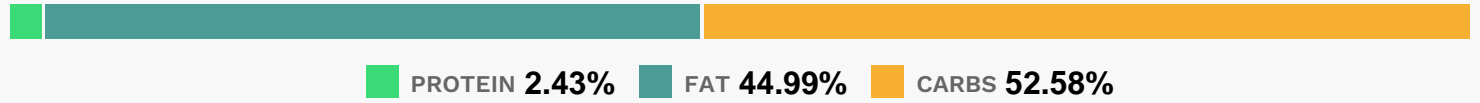
hand mixer

## Directions

Place the sugar, evaporated milk, cocoa, and shortening into a saucepan. Bring to a boil over medium heat, stirring constantly. Once the mixture is boiling, continue cooking and stirring for 1 minute.

Remove from heat, and add butter and vanilla. Beat with an electric mixer until thick, and use immediately.

## Nutrition Facts



## Properties

Glycemic Index:40.03, Glycemic Load:46.54, Inflammation Score:-4, Nutrition Score:5.6786956709364%

## Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 532.58kcal (26.63%), Fat: 27.97g (43.02%), Saturated Fat: 10.93g (68.33%), Carbohydrates: 73.54g (24.51%), Net Carbohydrates: 70.88g (25.78%), Sugar: 69.64g (77.38%), Cholesterol: 28.19mg (9.4%), Sodium: 92.67mg (4.03%), Alcohol: 0.46g (100%), Alcohol %: 0.45% (100%), Caffeine: 16.48mg (5.49%), Protein: 3.39g (6.78%), Manganese: 0.28mg (14.12%), Copper: 0.28mg (14.09%), Phosphorus: 111.76mg (11.18%), Magnesium: 42.83mg (10.71%), Fiber: 2.65g (10.61%), Vitamin K: 10.09µg (9.61%), Vitamin E: 1.32mg (8.77%), Calcium: 85.48mg (8.55%), Vitamin B2: 0.12mg (7.23%), Iron: 1.1mg (6.1%), Vitamin A: 300.16IU (6%), Potassium: 199.32mg (5.69%), Zinc: 0.72mg (4.8%), Vitamin B5: 0.32mg (3.24%), Selenium: 2.16µg (3.09%), Vitamin B1: 0.02mg (1.52%), Folate: 4.81µg (1.2%), Vitamin B6: 0.02mg (1.16%), Vitamin B3: 0.22mg (1.1%), Vitamin B12: 0.06µg (1.01%)