

# French Silk Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

FROSTING

ICING

## Ingredients

- 0.7 cup butter softened
- 2.7 cups powdered sugar
- 2 tablespoons milk
- 2 ounce baker's chocolate unsweetened melted
- 0.8 teaspoon vanilla extract

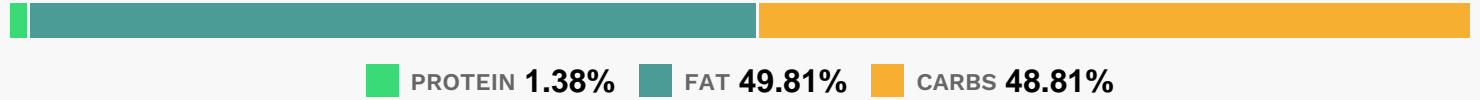
## Equipment

- bowl

## Directions

In a medium bowl, blend confectioners sugar, butter, melted chocolate and vanilla on low speed. Increase speed to high. Gradually add milk; beat until smooth and fluffy.

## Nutrition Facts



## Properties

Glycemic Index:11, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:3.3952173895162%

## Flavonoids

Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg, Catechin: 4.56mg Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg, Epicatechin: 10.05mg

## Nutrients (% of daily need)

Calories: 330.07kcal (16.5%), Fat: 19.17g (29.49%), Saturated Fat: 12.09g (75.54%), Carbohydrates: 42.27g (14.09%), Net Carbohydrates: 41.09g (14.94%), Sugar: 39.42g (43.8%), Cholesterol: 41.12mg (13.71%), Sodium: 125.59mg (5.46%), Alcohol: 0.13g (100%), Alcohol %: 0.23% (100%), Caffeine: 5.67mg (1.89%), Protein: 1.2g (2.4%), Manganese: 0.3mg (14.9%), Copper: 0.23mg (11.61%), Vitamin A: 478.8IU (9.58%), Iron: 1.26mg (7.01%), Magnesium: 24.05mg (6.01%), Zinc: 0.72mg (4.8%), Fiber: 1.18g (4.71%), Phosphorus: 36.7mg (3.67%), Vitamin E: 0.47mg (3.13%), Potassium: 70.35mg (2.01%), Vitamin K: 2.02µg (1.93%), Calcium: 16.75mg (1.68%), Vitamin B2: 0.03mg (1.57%), Selenium: 1.07µg (1.53%)