



Fudge Frosting

 Vegetarian  Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

DESSERT

Ingredients

- 0.3 cup butter
- 1.5 cups confectioners' sugar
- 1 egg white
- 1 ounce chocolate unsweetened
- 1 teaspoon vanilla extract

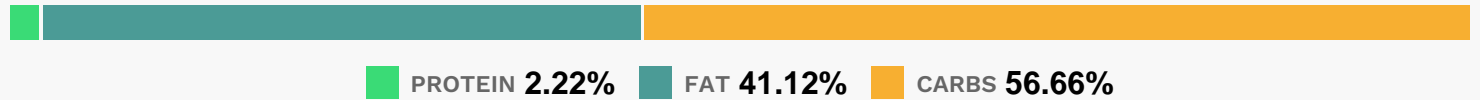
Equipment

- sauce pan

Directions

- Melt chocolate and butter in small heavy saucepan over low heat; stir to blend.
- Beat in powdered sugar. Beat in egg white and vanilla, adding a little water, if necessary, to make smooth, slightly soft frosting. Spoon over Chocolate Frosted Marshmallow Cookies cookies to cover marshmallows.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.6717391231138%

Flavonoids

Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg, Catechin: 2.28mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg

Nutrients (% of daily need)

Calories: 159.53kcal (7.98%), Fat: 7.61g (11.71%), Saturated Fat: 4.79g (29.95%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 23.02g (8.37%), Sugar: 22.13g (24.59%), Cholesterol: 15.25mg (5.08%), Sodium: 53.18mg (2.31%), Alcohol: 0.17g (100%), Alcohol %: 0.58% (100%), Protein: 0.93g (1.85%), Manganese: 0.15mg (7.51%), Copper: 0.12mg (5.87%), Vitamin A: 177.27IU (3.55%), Iron: 0.64mg (3.53%), Magnesium: 12.2mg (3.05%), Fiber: 0.59g (2.35%), Zinc: 0.35mg (2.34%), Selenium: 1.24µg (1.78%), Phosphorus: 16.47mg (1.65%), Vitamin B2: 0.03mg (1.6%), Vitamin E: 0.18mg (1.19%), Potassium: 38.42mg (1.1%)