



Fudge Frosting

 Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup evaporated milk
- ☐ 0.5 cup semisweet chocolate morsels
- ☐ 1 cup sugar

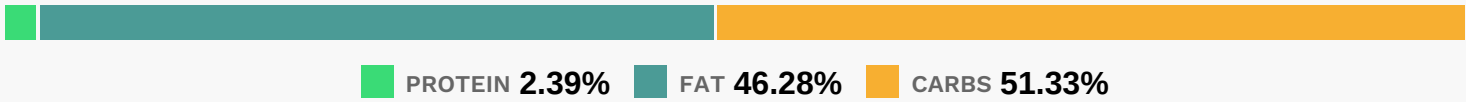
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ wooden spoon

Directions

- ☐ Combine first 3 ingredients in a small heavy saucepan. Bring to a boil over medium heat. Boil 1 minute, stirring frequently.
- ☐ Remove from heat; add chocolate morsels, stirring until chocolate melts.
- ☐ Place saucepan in a bowl of ice; beat frosting with a wooden spoon 3 to 4 minutes or until thickened and spreading consistency.

Nutrition Facts



Properties

Glycemic Index:14.02, Glycemic Load:27.92, Inflammation Score:-5, Nutrition Score:4.3165218007305%

Nutrients (% of daily need)

Calories: 389.71kcal (19.49%), Fat: 20.48g (31.5%), Saturated Fat: 7.26g (45.4%), Carbohydrates: 51.1g (17.03%), Net Carbohydrates: 49.66g (18.06%), Sugar: 48.21g (53.57%), Cholesterol: 5.95mg (1.98%), Sodium: 162.72mg (7.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.48mg (5.16%), Protein: 2.38g (4.76%), Manganese: 0.24mg (12.06%), Vitamin A: 590.47IU (11.81%), Copper: 0.23mg (11.51%), Magnesium: 36.17mg (9.04%), Phosphorus: 84.38mg (8.44%), Iron: 1.19mg (6.61%), Calcium: 59.95mg (5.99%), Fiber: 1.44g (5.76%), Potassium: 160.12mg (4.57%), Vitamin B2: 0.08mg (4.42%), Zinc: 0.61mg (4.07%), Vitamin E: 0.6mg (4.01%), Selenium: 2.14µg (3.05%), Vitamin B5: 0.17mg (1.74%), Vitamin K: 1.4µg (1.33%), Vitamin B12: 0.07µg (1.24%), Vitamin B1: 0.02mg (1.01%)