



WHATSheATE



Fudge Icing



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 cup cocoa
- ☐ 0.3 cup milk
- ☐ 1 cup sugar
- ☐ 2 teaspoons vanilla extract

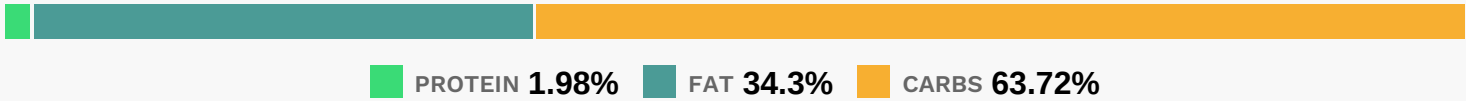
Equipment

- ☐ whisk

Directions

- ☐ Bring first 4 ingredients to a boil over medium heat, whisking constantly; boil 1 minute or until sugar dissolves.
- ☐ Add vanilla, and beat 1 minute.

Nutrition Facts



Properties

Glycemic Index:39.52, Glycemic Load:35.18, Inflammation Score:-3, Nutrition Score:3.4147826148116%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 321.39kcal (16.07%), Fat: 12.89g (19.83%), Saturated Fat: 8.01g (50.06%), Carbohydrates: 53.89g (17.96%), Net Carbohydrates: 51.9g (18.87%), Sugar: 50.99g (56.65%), Cholesterol: 32.33mg (10.78%), Sodium: 98.83mg (4.3%), Alcohol: 0.69g (100%), Alcohol %: 1% (100%), Caffeine: 12.36mg (4.12%), Protein: 1.68g (3.35%), Manganese: 0.21mg (10.67%), Copper: 0.21mg (10.44%), Fiber: 1.99g (7.95%), Vitamin A: 379.25IU (7.59%), Magnesium: 29.17mg (7.29%), Phosphorus: 58.38mg (5.84%), Iron: 0.78mg (4.32%), Potassium: 111.94mg (3.2%), Zinc: 0.45mg (2.99%), Calcium: 29.76mg (2.98%), Vitamin B2: 0.05mg (2.95%), Vitamin E: 0.34mg (2.28%), Selenium: 1.5µg (2.14%), Vitamin B12: 0.11µg (1.77%), Vitamin K: 1.17µg (1.12%), Vitamin D: 0.17µg (1.12%)