



## Goopy Chocolate Icing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



195 kcal

FROSTING

ICING

### Ingredients

- 0.1 teaspoon salt
- 14 ounce condensed milk sweetened canned
- 2 ounce chocolate unsweetened
- 0.5 teaspoon vanilla extract
- 1 tablespoon water

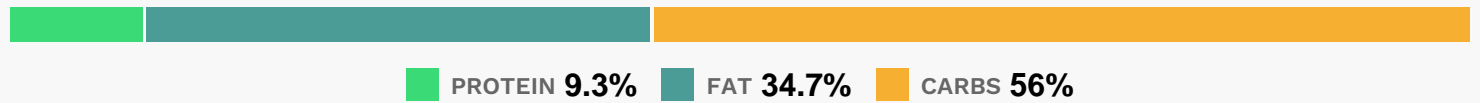
### Equipment

- double boiler

## Directions

- In a double boiler, combine milk, water, salt and chocolate.
- Heat, stirring constantly until thick.
- Remove from heat and allow to cool.
- Add vanilla.
- Spread or drizzle over your cake.

## Nutrition Facts



## Properties

Glycemic Index:7.63, Glycemic Load:16.46, Inflammation Score:-3, Nutrition Score:6.0230434822%

## 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: 195.48kcal (9.77%), Fat: 8.02g (12.34%), Saturated Fat: 5.02g (31.35%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 27.96g (10.17%), Sugar: 27.08g (30.09%), Cholesterol: 16.87mg (5.62%), Sodium: 101.16mg (4.4%), Alcohol: 0.09g (100%), Alcohol %: 0.19% (100%), Caffeine: 5.67mg (1.89%), Protein: 4.84g (9.68%), Phosphorus: 153.88mg (15.39%), Manganese: 0.3mg (14.95%), Calcium: 148.16mg (14.82%), Vitamin B2: 0.21mg (12.57%), Copper: 0.24mg (11.85%), Selenium: 7.92µg (11.31%), Magnesium: 36.12mg (9.03%), Zinc: 1.15mg (7.66%), Iron: 1.33mg (7.38%), Potassium: 243.26mg (6.95%), Fiber: 1.18g (4.71%), Vitamin B5: 0.38mg (3.84%), Vitamin B1: 0.06mg (3.67%), Vitamin B12: 0.22µg (3.64%), Vitamin A: 132.46IU (2.65%), Folate: 7.44µg (1.86%), Vitamin C: 1.29mg (1.56%), Vitamin B6: 0.03mg (1.36%), Vitamin B3: 0.2mg (1.01%)