



## Grand Marnier Frosting

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1129 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 cup butter softened
- 0.3 cup orange juice (orange liqueur)
- 16 ounce powdered sugar sifted
- 3 ounce chocolate unsweetened melted
- 0.3 cup whipping cream

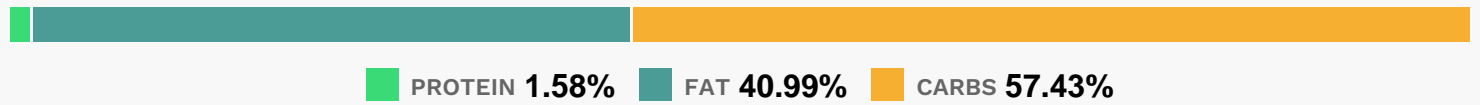
### Equipment

- hand mixer

## Directions

- Beat butter at medium speed of an electric mixer until creamy.
- Add chocolate, Grand Marnier, and whipping cream; beat well. Gradually add sugar, beating at high speed 5 minutes or until spreading consistency.
- Note: Grand Marnier is a brandy-based French liqueur flavored with orange peel. It pairs particularly well with chocolate. Other orange liqueurs or orange juice would work in this frosting, if desired.

## Nutrition Facts



## Properties

Glycemic Index:16.67, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:12.496086916846%

## Flavonoids

Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg, Catechin: 18.24mg Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg, Epicatechin: 40.21mg

## Nutrients (% of daily need)

Calories: 1129.46kcal (56.47%), Fat: 52.73g (81.13%), Saturated Fat: 33.2g (207.5%), Carbohydrates: 166.27g (55.42%), Net Carbohydrates: 161.57g (58.75%), Sugar: 155.06g (172.29%), Cholesterol: 103.75mg (34.58%), Sodium: 260.02mg (11.31%), Alcohol: 5.11g (100%), Alcohol %: 2.52% (100%), Caffeine: 27.79mg (9.26%), Protein: 4.56g (9.12%), Manganese: 1.19mg (59.55%), Copper: 0.94mg (46.86%), Iron: 5.06mg (28.13%), Vitamin A: 1237.01IU (24.74%), Magnesium: 95.44mg (23.86%), Zinc: 2.83mg (18.88%), Fiber: 4.71g (18.82%), Phosphorus: 135.16mg (13.52%), Vitamin E: 1.17mg (7.82%), Potassium: 272.15mg (7.78%), Vitamin B2: 0.11mg (6.45%), Selenium: 4.24µg (6.05%), Vitamin K: 6.03µg (5.75%), Calcium: 52.51mg (5.25%), Vitamin B1: 0.05mg (3.22%), Folate: 9.87µg (2.47%), Vitamin B3: 0.44mg (2.21%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.1µg (1.6%), Vitamin B5: 0.14mg (1.4%)