



Healthy Vegan Chocolate Frosting



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



83 kcal

FROSTING

ICING

Ingredients



1 avocado ripe



0.3 cup cocoa powder



8 medjool dates



1 cup vanilla milk alternative plain well (So Delicious Coconut Milk Beverage works)



1 teaspoon real vanilla extract

Equipment



blender



pastry bag

Directions

- ☐ Pit dates and cut into small pieces. Put in the bottom of a blender. Cover with the coconut milk let sit as long as possible (1 hour or so).
- ☐ Cut avocado and scrape out all the green goodness.
- ☐ Add cocoa and choice of flavoring and blend until smooth. Refrigerate for a couple hours.Fancy: Put in pastry bag and top cup cakes. Not Fancy: Take a spoon and put a spoonful on top of cupcake. Don't tell them and no one will know there is an avocado in there.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:6.6943477107131%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.75mg, Epicatechin: 4.75mg, Epicatechin: 4.75mg, Epicatechin: 4.75mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 83.26kcal (4.16%), Fat: 3.18g (4.89%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 12.35g (4.49%), Sugar: 11.4g (12.67%), Cholesterol: 0mg (0%), Sodium: 1.86mg (0.08%), Alcohol: 0.11g (100%), Alcohol %: 0.26% (100%), Caffeine: 5.49mg (1.83%), Protein: 1.09g (2.19%), Vitamin D: 9.83µg (65.56%), Fiber: 3.16g (12.64%), Copper: 0.18mg (9.03%), Manganese: 0.16mg (8.18%), Magnesium: 28.73mg (7.18%), Potassium: 229.43mg (6.56%), Folate: 18.7µg (4.67%), Vitamin B6: 0.09mg (4.29%), Vitamin B12: 0.25µg (4.1%), Vitamin K: 4.01µg (3.82%), Vitamin B5: 0.37mg (3.68%), Phosphorus: 36.18mg (3.62%), Iron: 0.57mg (3.16%), Vitamin B3: 0.6mg (3.01%), Zinc: 0.39mg (2.6%), Calcium: 23.53mg (2.35%), Vitamin E: 0.35mg (2.33%), Vitamin B2: 0.04mg (2.2%), Vitamin C: 1.67mg (2.03%), Vitamin B1: 0.02mg (1.41%)