



# Mint Buttercream Frosting With Dark Chocolate Glaze

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



800 kcal

FROSTING

ICING

## Ingredients

- 2 tablespoons butter
- 4 cups powdered sugar
- 4 tablespoons milk
- 1 teaspoon peppermint extract
- 0.1 teaspoon salt
- 2 ounce baker's chocolate unsweetened

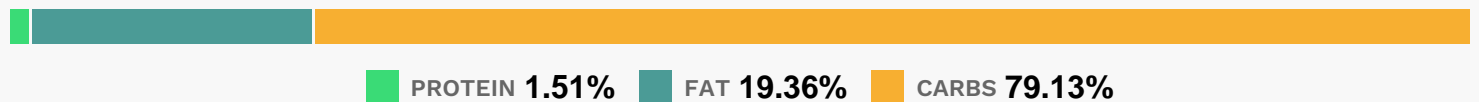
## Equipment

- bowl
- double boiler
- microwave

## Directions

- In a large bowl, cream 1 1/3 cups sugar with 1/2 cup butter or margarine, and salt. Blend extract, 2 tablespoons milk, and remaining sugar into mixture. Gradually stir remaining milk into frosting until desired spreading consistency is reached.
- Melt and stir unsweetened chocolate and 2 tablespoons butter or margarine together in a microwave, or in a double boiler. Double this glaze if desired.
- Frost cake. Pipe a frosting scallop at the top edge of the cake to keep glaze from dripping down the sides of the cake.
- Pour the glaze over the top of the cake. Chill until glaze has set.

## Nutrition Facts



## Properties

Glycemic Index:29.33, Glycemic Load:0.36, Inflammation Score:-4, Nutrition Score:7.8865218369857%

## Flavonoids

Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg, Catechin: 12.16mg Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg, Epicatechin: 26.81mg

## Nutrients (% of daily need)

Calories: 799.85kcal (39.99%), Fat: 18.1g (27.84%), Saturated Fat: 11.28g (70.52%), Carbohydrates: 166.43g (55.48%), Net Carbohydrates: 163.29g (59.38%), Sugar: 157.79g (175.32%), Cholesterol: 22.47mg (7.49%), Sodium: 172.36mg (7.49%), Alcohol: 0.46g (100%), Alcohol %: 0.28% (100%), Caffeine: 15.12mg (5.04%), Protein: 3.17g (6.35%), Manganese: 0.8mg (39.9%), Copper: 0.62mg (31.17%), Iron: 3.39mg (18.83%), Magnesium: 64.55mg (16.14%), Zinc: 1.93mg (12.85%), Fiber: 3.14g (12.55%), Phosphorus: 98.12mg (9.81%), Potassium: 194.3mg (5.55%), Vitamin A: 265.64IU (5.31%), Vitamin B2: 0.08mg (4.78%), Calcium: 47.74mg (4.77%), Selenium: 2.96µg (4.23%), Vitamin B1: 0.04mg (2.64%), Vitamin K: 2.55µg (2.43%), Vitamin B12: 0.12µg (2.06%), Vitamin E: 0.3mg (2.01%), Vitamin D: 0.22µg (1.47%), Vitamin B3: 0.29mg (1.43%), Folate: 5.57µg (1.39%), Vitamin B5: 0.12mg (1.17%)