



## Mint Chocolate Chip Buttercream Frosting

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



337 kcal

SIDE DISH

### Ingredients

- ☐ 4 oz bittersweet chocolate finely chopped
- ☐ 0.5 cup butter softened
- ☐ 1 Tbsp milk
- ☐ 3 tablespoons peach schnapps
- ☐ 16 oz powdered sugar
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vanilla extract

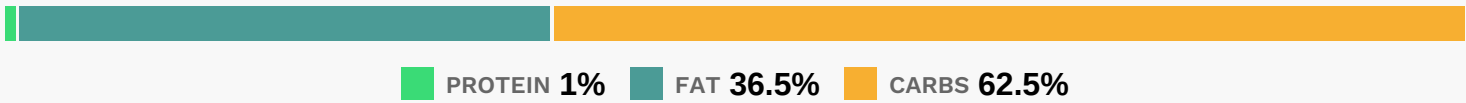
### Equipment

☐ hand mixer

## Directions

- ☐ Beat first 4 ingredients at medium speed with an electric mixer until creamy.
- ☐ Gradually add powdered sugar alternately with 1 Tbsp. milk, 1 Tbsp. at a time, beating at low speed until blended and smooth after each addition. Beat in finely chopped bittersweet chocolate baking bar.
- ☐ Note: For testing purposes only, we used Ghirardelli 60% Cocoa Bittersweet Chocolate Baking Bar.

## Nutrition Facts



## Properties

Glycemic Index:8.8, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.25695651964%

## Nutrients (% of daily need)

Calories: 336.94kcal (16.85%), Fat: 13.6g (20.92%), Saturated Fat: 8.36g (52.25%), Carbohydrates: 52.39g (17.46%), Net Carbohydrates: 51.48g (18.72%), Sugar: 49.68g (55.2%), Cholesterol: 25.26mg (8.42%), Sodium: 104.7mg (4.55%), Alcohol: 0.14g (100%), Alcohol %: 0.23% (100%), Caffeine: 9.75mg (3.25%), Protein: 0.84g (1.68%), Manganese: 0.15mg (7.66%), Copper: 0.14mg (7.25%), Vitamin A: 291.74IU (5.83%), Magnesium: 20.41mg (5.1%), Iron: 0.75mg (4.15%), Fiber: 0.91g (3.63%), Phosphorus: 33.75mg (3.37%), Vitamin E: 0.33mg (2.21%), Zinc: 0.32mg (2.15%), Potassium: 70.78mg (2.02%), Selenium: 1.37µg (1.95%), Vitamin K: 1.62µg (1.54%), Calcium: 12.12mg (1.21%), Vitamin B2: 0.02mg (1.2%)