



Mint Chocolate Frosting

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



322 kcal

FROSTING

ICING

Ingredients

- 0.5 cup butter softened
- 0.8 cup mint chocolate morsels
- 0.3 cup cocoa
- 0.3 cup half-and-half
- 0.3 teaspoon peppermint extract
- 2 cups powdered sugar

Equipment

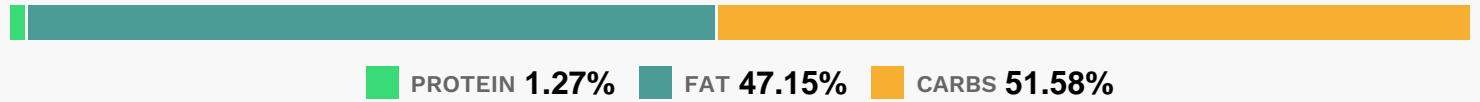
- hand mixer

- microwave
- measuring cup

Directions

- Microwave morsels in a 1-cup glass measuring cup at HIGH 1 minute or until melted, stirring twice.
- Beat butter and melted morsels at medium speed with an electric mixer until creamy.
- Add powdered sugar and cocoa; beat until blended.
- Add half-and-half and peppermint extract; beat until blended.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.5547825949995%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 321.52kcal (16.08%), Fat: 17.6g (27.08%), Saturated Fat: 6.2g (38.78%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 42.01g (15.28%), Sugar: 39.37g (43.75%), Cholesterol: 2.65mg (0.88%), Sodium: 139.76mg (6.08%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Caffeine: 8.24mg (2.75%), Protein: 1.07g (2.13%), Vitamin A: 534.26IU (10.69%), Manganese: 0.14mg (6.95%), Copper: 0.14mg (6.93%), Fiber: 1.33g (5.3%), Magnesium: 19.08mg (4.77%), Phosphorus: 36.76mg (3.68%), Potassium: 119.41mg (3.41%), Vitamin E: 0.46mg (3.08%), Calcium: 29.3mg (2.93%), Iron: 0.52mg (2.89%), Vitamin B2: 0.03mg (2.02%), Zinc: 0.28mg (1.84%), Selenium: 0.93µg (1.33%)