



Mocha-Almond Frosting



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



242 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 0.5 cup butter softened
- ☐ 3 tablespoons hot-brewed coffee hot brewed
- ☐ 3 Tbsp half-and-half
- ☐ 3 cups powdered sugar
- ☐ 0.7 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract

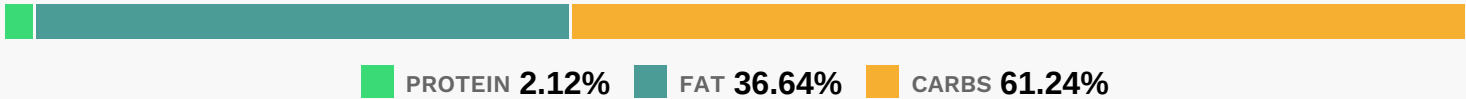
Equipment

- ☐ bowl
- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Whisk together sugar and cocoa in a medium bowl.
- ☐ Combine coffee, vanilla, and almond extract.
- ☐ Beat butter at medium speed with a heavy-duty electric stand mixer until creamy; gradually add sugar mixture alternately with coffee mixture, beating at low speed until blended. Beat in half-and-half, 1 Tbsp. at a time, until smooth and mixture has reached desired consistency.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.0856521137707%

Flavonoids

Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg, Epicatechin: 11.26mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 242.16kcal (12.11%), Fat: 10.51g (16.17%), Saturated Fat: 6.61g (41.33%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 37.4g (13.6%), Sugar: 35.58g (39.53%), Cholesterol: 25.98mg (8.66%), Sodium: 77.79mg (3.38%), Alcohol: 0.21g (100%), Alcohol %: 0.42% (100%), Caffeine: 14.96mg (4.99%), Protein: 1.37g (2.73%), Manganese: 0.22mg (11.19%), Copper: 0.22mg (11.04%), Fiber: 2.12g (8.49%), Magnesium: 29.49mg (7.37%), Vitamin A: 299.57IU (5.99%), Phosphorus: 49.25mg (4.93%), Iron: 0.82mg (4.58%), Potassium: 99.59mg (2.85%), Zinc: 0.42mg (2.82%), Vitamin B2: 0.04mg (2.19%), Vitamin E: 0.28mg (1.87%), Selenium: 1.29µg (1.85%), Calcium: 15.39mg (1.54%)