



Mocha Frosting



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



243 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 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 powder unsweetened
- ☐ 2 teaspoons vanilla extract

Equipment

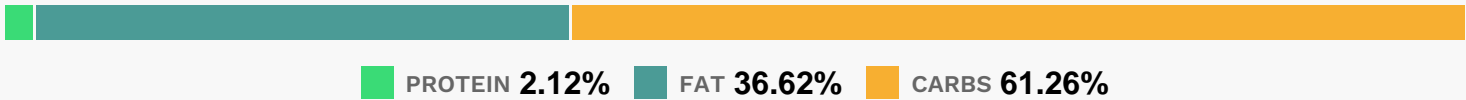
- ☐ bowl

- ☐ whisk
- ☐ stand mixer

Directions

- ☐ Whisk together sugar and cocoa in a medium bowl.
- ☐ Combine coffee and vanilla.
- ☐ 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.
- ☐ Mocha-Almond Frosting: Decrease vanilla extract to 1 tsp. Proceed with recipe as directed, adding 1/2 tsp. almond extract to coffee mixture in Step

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.087826066205%

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: 242.73kcal (12.14%), Fat: 10.51g (16.17%), Saturated Fat: 6.61g (41.33%), Carbohydrates: 39.55g (13.18%), Net Carbohydrates: 37.43g (13.61%), Sugar: 35.6g (39.56%), Cholesterol: 25.98mg (8.66%), Sodium: 77.81mg (3.38%), Alcohol: 0.28g (100%), Alcohol %: 0.56% (100%), Caffeine: 14.96mg (4.99%), Protein: 1.37g (2.73%), Manganese: 0.22mg (11.22%), Copper: 0.22mg (11.04%), Fiber: 2.12g (8.49%), Magnesium: 29.52mg (7.38%), Vitamin A: 299.57IU (5.99%), Phosphorus: 49.26mg (4.93%), Iron: 0.82mg (4.58%), Potassium: 99.89mg (2.85%), Zinc: 0.42mg (2.82%), Vitamin B2: 0.04mg (2.2%), Vitamin E: 0.28mg (1.87%), Selenium: 1.29µg (1.85%), Calcium: 15.41mg (1.54%)