

Mocha Icing



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



253 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 cups confectioners' sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup strong hot brewed
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

Equipment

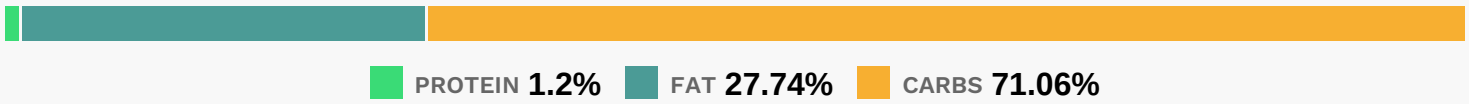
- ☐ bowl

☐ hand mixer

Directions

- ☐ Combine coffee and cocoa in small bowl of electric mixer. Beat until blended.
- ☐ Add sugar, butter or margarine, salt, and vanilla. Beat until blended. Scrape bowl, and beat icing until it has a spreading consistency.
- ☐ Frost the cake, and sprinkle with chopped walnuts if desired.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.0100000131389%

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: 252.57kcal (12.63%), Fat: 8.16g (12.56%), Saturated Fat: 5.15g (32.19%), Carbohydrates: 47.05g (15.68%), Net Carbohydrates: 45.73g (16.63%), Sugar: 44.14g (49.05%), Cholesterol: 20.34mg (6.78%), Sodium: 99.05mg (4.31%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Caffeine: 12.19mg (4.06%), Protein: 0.79g (1.59%), Manganese: 0.14mg (7.14%), Copper: 0.14mg (6.98%), Fiber: 1.33g (5.3%), Vitamin A: 236.36IU (4.73%), Magnesium: 18.43mg (4.61%), Iron: 0.53mg (2.94%), Phosphorus: 28.9mg (2.89%), Potassium: 63.22mg (1.81%), Zinc: 0.26mg (1.73%), Vitamin B2: 0.03mg (1.67%), Vitamin E: 0.22mg (1.49%), Selenium: 0.88µg (1.25%)