

Mocha Icing



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



276 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
- ☐ 0.3 cup walnuts chopped

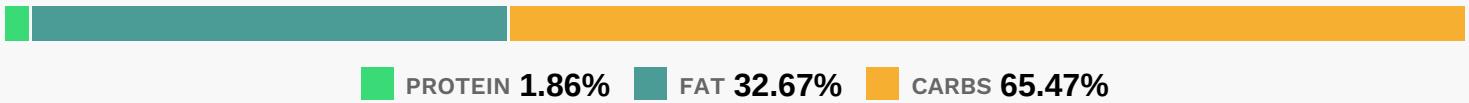
Equipment

- ☐ 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:8.75, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.8360869766253%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 276.49kcal (13.82%), Fat: 10.55g (16.23%), Saturated Fat: 5.38g (33.59%), Carbohydrates: 47.55g (15.85%), Net Carbohydrates: 45.98g (16.72%), Sugar: 44.24g (49.15%), Cholesterol: 20.34mg (6.78%), Sodium: 99.12mg (4.31%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Caffeine: 12.19mg (4.06%), Protein: 1.35g (2.7%), Manganese: 0.27mg (13.38%), Copper: 0.2mg (9.88%), Fiber: 1.57g (6.28%), Magnesium: 24.2mg (6.05%), Vitamin A: 237.1IU (4.74%), Phosphorus: 41.55mg (4.15%), Iron: 0.64mg (3.53%), Zinc: 0.37mg (2.48%), Potassium: 79.35mg (2.27%), Vitamin B2: 0.03mg (1.99%), Vitamin E: 0.25mg (1.66%), Selenium: 1.06µg (1.51%), Folate: 5.21µg (1.3%), Vitamin B6: 0.02mg (1.22%), Vitamin B1: 0.02mg (1.14%), Calcium: 11.16mg (1.12%)