



Paleo Chocolate Frosting



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



150 kcal

FROSTING

ICING

Ingredients

- ☐ 2 avocados pitted peeled
- ☐ 0.5 cup cocoa powder
- ☐ 2 tablespoons coconut oil
- ☐ 0.5 cup honey
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

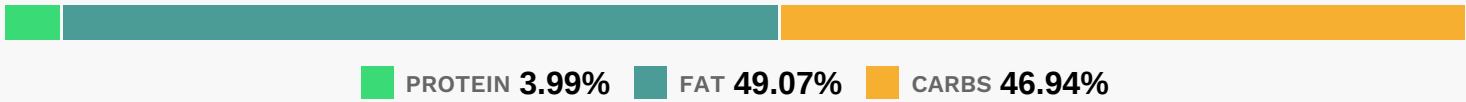
Equipment

- ☐ food processor

Directions

☐ Blend avocados, cocoa powder, honey, coconut oil, vanilla extract, and salt together in a food processor until smooth.

Nutrition Facts



Properties

Glycemic Index:11.43, Glycemic Load:7.58, Inflammation Score:-3, Nutrition Score:5.4017391412154%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epicatechin: 8.6mg, Epicatechin: 8.6mg, Epicatechin: 8.6mg, Epicatechin: 8.6mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 150.13kcal (7.51%), Fat: 9.27g (14.27%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 15.64g (5.69%), Sugar: 14.31g (15.9%), Cholesterol: 0mg (0%), Sodium: 120.71mg (5.25%), Alcohol: 0.14g (100%), Alcohol %: 0.27% (100%), Caffeine: 9.89mg (3.3%), Protein: 1.7g (3.4%), Fiber: 4.32g (17.27%), Copper: 0.25mg (12.29%), Manganese: 0.24mg (11.84%), Folate: 34.28µg (8.57%), Magnesium: 33.51mg (8.38%), Vitamin K: 8.57µg (8.16%), Potassium: 269.76mg (7.71%), Vitamin B5: 0.58mg (5.81%), Vitamin B6: 0.11mg (5.63%), Vitamin E: 0.84mg (5.6%), Phosphorus: 53.17mg (5.32%), Vitamin C: 4.1mg (4.98%), Iron: 0.89mg (4.96%), Vitamin B2: 0.07mg (4.08%), Vitamin B3: 0.82mg (4.08%), Zinc: 0.59mg (3.92%), Vitamin B1: 0.03mg (2.02%), Selenium: 0.91µg (1.3%), Vitamin A: 58.69IU (1.17%), Calcium: 11.49mg (1.15%)