



Vegan German Chocolate Frosting

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



283 kcal

FROSTING

ICING

Ingredients

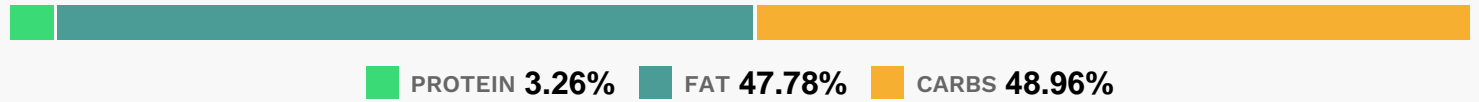
- 0.3 cup lite coconut milk (may use lite coconut milk)
- 0.3 cup cornstarch mixed with 1/4 cup water until smooth
- 1.5 cups pecans chopped
- 1 cup soymilk plain
- 1.3 cups sugar
- 2.5 cups coconut sweetened flaked
- 1 teaspoon vanilla extract

Equipment

Directions

- Add the cornstarch mixture and cook over medium-high heat, stirring constantly, until mixture boils and thickens. Cook for one minute after it boils.
- Remove from heat and stir in coconut and pecans. Allow to cool for about 10 minutes (mixture should still be warm) before spreading on cake.

Nutrition Facts



Properties

Glycemic Index:9.46, Glycemic Load:14.8, Inflammation Score:-2, Nutrition Score:5.9365217193313%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 283.09kcal (14.15%), Fat: 15.6g (24%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 32.8g (11.93%), Sugar: 28.39g (31.54%), Cholesterol: 0mg (0%), Sodium: 65.49mg (2.85%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 2.39g (4.78%), Manganese: 0.79mg (39.32%), Fiber: 3.17g (12.69%), Copper: 0.24mg (12.17%), Vitamin B1: 0.1mg (6.99%), Magnesium: 25.66mg (6.42%), Selenium: 4.05µg (5.78%), Phosphorus: 55.93mg (5.59%), Zinc: 0.79mg (5.3%), Vitamin B3: 0.93mg (4.66%), Vitamin E: 0.69mg (4.58%), Potassium: 148.54mg (4.24%), Iron: 0.74mg (4.09%), Vitamin B6: 0.08mg (3.99%), Calcium: 39.33mg (3.93%), Vitamin B2: 0.06mg (3.75%), Vitamin B12: 0.21µg (3.54%), Folate: 9.82µg (2.46%), Vitamin C: 1.57mg (1.9%), Vitamin A: 84.92IU (1.7%), Vitamin D: 0.24µg (1.57%), Vitamin B5: 0.14mg (1.42%)