

White Chocolate-Coconut Frosting



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



20

CALORIES



125 kcal

FROSTING

ICING

Ingredients

- ☐ 3 oz baker's chocolate white melted
- ☐ 0.5 cup butter softened (1 stick)
- ☐ 1.3 cups baker's angel flake coconut
- ☐ 2 Tbsp milk
- ☐ 1 cup powdered sugar

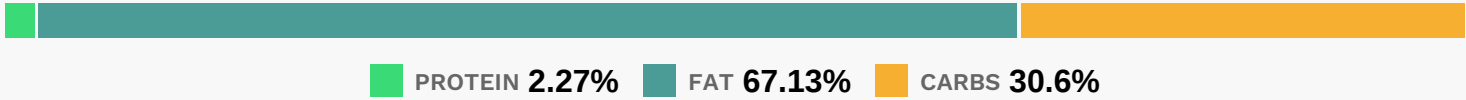
Equipment

- ☐ bowl
- ☐ hand mixer

Directions

- ☐ Beat butter, sugar and milk in medium bowl with electric mixer on low speed until well blended. Beat on medium speed 30 seconds.
- ☐ Add melted chocolate; beat until well blended. Stir in coconut; mix well.
- ☐ Use to frost your favorite cake or cupcake recipe.

Nutrition Facts



Properties

Glycemic Index:7.9, Glycemic Load:1.78, Inflammation Score:-1, Nutrition Score:1.5034782743972%

Nutrients (% of daily need)

Calories: 125.25kcal (6.26%), Fat: 9.67g (14.88%), Saturated Fat: 7.01g (43.83%), Carbohydrates: 9.92g (3.31%), Net Carbohydrates: 8.99g (3.27%), Sugar: 8.87g (9.85%), Cholesterol: 13.27mg (4.42%), Sodium: 43.1mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.47%), Manganese: 0.16mg (7.81%), Fiber: 0.93g (3.73%), Vitamin A: 145.52IU (2.91%), Copper: 0.05mg (2.4%), Phosphorus: 22.03mg (2.2%), Selenium: 1.36µg (1.94%), Magnesium: 5.9mg (1.48%), Vitamin B2: 0.02mg (1.34%), Potassium: 46.66mg (1.33%), Vitamin E: 0.2mg (1.32%), Calcium: 13.2mg (1.32%), Iron: 0.2mg (1.13%), Zinc: 0.16mg (1.05%), Vitamin B6: 0.02mg (1.02%)