

Cocoa-Cola Frosting

Ladies Home Journal Delicious Desserts 2011
Meredith Corporation - Des Moines, IA

1/3 cup butter
2 cups powdered sugar
2 tablespoons unsweetened cocoa powder
1/4 cup cola
1 3/4 cups powdered sugar

In a medium mixing bowl, beat the butter on medium to high for 30 seconds.

Slowly add two cups of powdered sugar and the unsweetened cocoa powder, beating well.

Add 1/4-cup of cola, beating until combined.

Gradually beat in 1-3/4 cups of powder sugar until combined.

If necessary, beat in enough additional cola, one teaspoon at a time, to make frosting spreading consistency.

Per Serving (excluding unknown items): 2337 Calories; 63g Fat (23.3% calories from fat); 3g Protein; 460g Carbohydrate; 4g Dietary Fiber; 164mg Cholesterol; 627mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 12 1/2 Fat; 30 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2337
% Calories from Fat:	23.3%
% Calories from Carbohydrates:	76.2%
% Calories from Protein:	0.5%
Total Fat (g):	63g
Saturated Fat (g):	39g
Monounsaturated Fat (g):	18g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	164mg
Carbohydrate (g):	460g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	31mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 4g
Protein (g): 3g
Sodium (mg): 627mg
Potassium (mg): 193mg
Calcium (mg): 38mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2291IU
Vitamin A (r.e.): 567RE

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 12 1/2
Other Carbohydrates: 30 1/2

Nutrition Facts

Amount Per Serving

Calories 2337 **Calories from Fat:** 545

% Daily Values*

Total Fat 63g	96%
Saturated Fat 39g	194%
Cholesterol 164mg	55%
Sodium 627mg	26%
Total Carbohydrates 460g	153%
Dietary Fiber 4g	14%
Protein 3g	
<hr/>	
Vitamin A	46%
Vitamin C	0%
Calcium	4%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.