

# Vanilla-Coconut Frosting

*Ladies Home Journal - Delicious Desserts*

1 cup butter, softened  
 1/3 cup reduced coconut milk  
 vanilla seeds  
 1/8 teaspoon salt  
 2 1/2 cups powdered sugar

In a large mixing bowl, beat the butter with an electric mixer on medium to high for 30 seconds.

Beat in the coconut milk, vanilla seeds and salt.

Gradually add the powdered sugar, beating until fluffy.

Per Serving (excluding unknown items): 2793 Calories; 184g Fat (58.0% calories from fat); 2g Protein; 299g Carbohydrate; 0g Dietary Fiber; 497mg Cholesterol; 2132mg Sodium. Exchanges: 36 1/2 Fat; 20 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	2793	Vitamin B6 (mg):	0mg
% Calories from Fat:	58.0%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	41.8%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	184g	Folacin (mcg):	6mcg
Saturated Fat (g):	115g	Niacin (mg):	trace
Monounsaturated Fat (g):	53g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	7g	Alcohol (kcal):	0
Cholesterol (mg):	497mg	% Refuse:	0.0%
Carbohydrate (g):	299g	<b>Food Exchanges</b>	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	2132mg	Vegetable:	0
Potassium (mg):	65mg	Fruit:	0
Calcium (mg):	59mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	36 1/2
Zinc (mg):	trace	Other Carbohydrates:	20
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	6936IU		
Vitamin A (r.e.):	1717RE		

## Nutrition Facts

Amount Per Serving

Calories 2793                      Calories from Fat: 1619

		<b>% Daily Values*</b>
<b>Total Fat</b>	184g	283%
Saturated Fat	115g	573%
<b>Cholesterol</b>	497mg	166%
<b>Sodium</b>	2132mg	89%
<b>Total Carbohydrates</b>	299g	100%
Dietary Fiber	0g	0%
<b>Protein</b>	2g	
<hr/>		
<b>Vitamin A</b>		139%
<b>Vitamin C</b>		0%
<b>Calcium</b>		6%
<b>Iron</b>		3%

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