AMERICAN · DESSERT · SAUCE

One-Minute Keto Chocolate Frosting

5 min · plus 30–60 minutes chilling Makes 12 × 2 tbsp (frosts 1 cupcake) 56 kcal a portion

Video 4:29 · Low Carb Love

Vegetarian | Gluten-free ingredients | Nut-free

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Butter, cocoa and monk-fruit-sweetened dark chocolate with a powdered keto sweetener instead of icing sugar: 2 tbsp have about 1.5 g net carbs, no added sugar and 2.5 g of fibre.

Diet notes: Keto (1.6 g net carbs a serve).

Ingredients

6 · MAKES 12 × 2 TBSP (FROSTS 1 CUPCAKE)

- [ ] 57 g **no-sugar-added dark chocolate chips** (ChocZero), melted
- [ ] 180 g **powdered sweetener**
- [ ] 30 g **unsweetened cocoa powder**
- [ ] a pinch of **salt**
- [ ] 1/2 stick (57 g) **butter**, softened
- [ ] 60 ml **water**, boiling hot

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Melt the sugar-free chocolate chips in the microwave in short bursts, stirring between each, about 25 seconds in all. Set aside. 0:18
2. Put the powdered sweetener (grind it first if it is lumpy), the cocoa powder and a pinch of salt in a large bowl. 0:50
3. Add the softened (not melted) butter and the boiling water. 1:31
4. Beat with a hand mixer until everything comes together. 2:13
5. Pour in the melted chocolate and whip until smooth and glossy. 2:36
6. Use straight away, or chill for 30 minutes to an hour so it firms up enough to pipe on cakes and cupcakes. 3:01

> **Tip** Serves are our estimate (the cook gives no yield): roughly enough to frost 12 cupcakes. Dutch-process cocoa gives a deeper flavour. Keep frosted cakes in the fridge.

The method is a summary in our words — the video shows every step.

One portion, 2 tbsp (frosts 1 cupcake), gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
56 kcal	0.8 g	4.1 g	2.5 g	5.5 g	20 mg
240 kJ	2% of a day	1.6 g net · 0 g sugars	9% of a day	3.5 g saturated	1% of a day
		1% of a day		7% of a day	

Energy from net carbs 11% · protein 5% · fat 84% — fits keto: 1.6 g net carbs, 84% of the energy from fat

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=dMEyzKtme-8, published 8 December 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/one-minute-keto-chocolate-frosting