



Chocolate Butter Cream Frosting



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



10

CALORIES



222 kcal

FROSTING

ICING

Ingredients

- ☐ 0.5 cup butter
- ☐ 2 tablespoons confectioners' sugar
- ☐ 2 tablespoons rum dark
- ☐ 4 egg yolks
- ☐ 1 cup semi chocolate chips
- ☐ 0.3 cup strong hot brewed

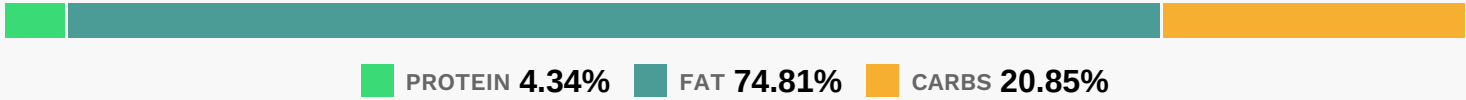
Equipment

- ☐ blender

Directions

- ☐ Put chocolate chips into a dry blender, and process into powder. Stop blender and scrape chocolate away from the sides and bottom.
- ☐ Pour in the hot coffee and blend until smooth.
- ☐ Add the sugar, yolks, butter and rum, blend until smooth, about 15 seconds.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:4.4865217571673%

Nutrients (% of daily need)

Calories: 222kcal (11.1%), Fat: 18.01g (27.71%), Saturated Fat: 10.49g (65.54%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 9.86g (3.58%), Sugar: 8.22g (9.13%), Cholesterol: 103.24mg (34.41%), Sodium: 78.42mg (3.41%), Alcohol: 1g (100%), Alcohol %: 2.7% (100%), Caffeine: 17.85mg (5.95%), Protein: 2.35g (4.7%), Manganese: 0.24mg (12.22%), Copper: 0.23mg (11.55%), Magnesium: 32.44mg (8.11%), Selenium: 5.67µg (8.1%), Vitamin A: 396.46IU (7.93%), Phosphorus: 77.9mg (7.79%), Iron: 1.34mg (7.44%), Fiber: 1.44g (5.76%), Zinc: 0.66mg (4.37%), Vitamin E: 0.56mg (3.71%), Potassium: 115.63mg (3.3%), Vitamin B2: 0.06mg (3.27%), Vitamin B12: 0.19µg (3.2%), Vitamin B5: 0.3mg (2.97%), Folate: 10.97µg (2.74%), Vitamin D: 0.39µg (2.59%), Calcium: 23.31mg (2.33%), Vitamin K: 2.15µg (2.04%), Vitamin B6: 0.03mg (1.59%), Vitamin B1: 0.02mg (1.33%)