

Chocolate Buttercream

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



1085 kcal

SIDE DISH

Ingredients

- 1 ounce bittersweet chocolate
- 4 cups powdered sugar
- 2 eggs
- 1 pinch salt
- 2 cups butter unsalted
- 1 teaspoon vanilla extract

Equipment

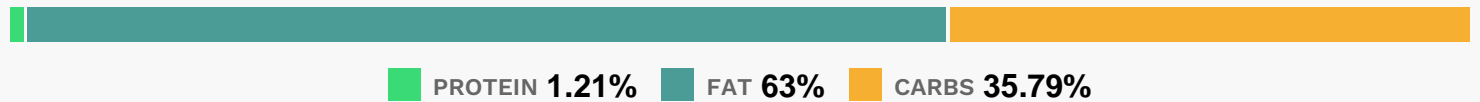
- mixing bowl

blender

Directions

- Melt the bittersweet chocolate, and allow to cool slightly.
- Place the butter or margarine, salt, and vanilla in a mixing bowl. Beat with a mixer until very light and airy, about 4 minutes.
- Add the powdered sugar a little at a time while beating on low speed.
- Mix well, and beat on medium speed for about 4 minutes.
- Add the eggs one at a time, and beat for 5 minutes more.
- Add the melted chocolate, and beat 4 minutes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:6.5047826196836%

Nutrients (% of daily need)

Calories: 1084.78kcal (54.24%), Fat: 77.49g (119.22%), Saturated Fat: 48.44g (302.76%), Carbohydrates: 99.06g (33.02%), Net Carbohydrates: 98.61g (35.86%), Sugar: 96.19g (106.88%), Cholesterol: 261.03mg (87.01%), Sodium: 45.29mg (1.97%), Alcohol: 0.28g (100%), Alcohol %: 0.17% (100%), Caffeine: 4.88mg (1.63%), Protein: 3.34g (6.67%), Vitamin A: 2366.97IU (47.34%), Vitamin E: 2.32mg (15.5%), Vitamin D: 1.71µg (11.43%), Selenium: 7.36µg (10.52%), Vitamin B2: 0.13mg (7.83%), Phosphorus: 71.43mg (7.14%), Vitamin K: 6.82µg (6.49%), Vitamin B12: 0.32µg (5.35%), Copper: 0.11mg (5.26%), Manganese: 0.09mg (4.47%), Iron: 0.74mg (4.13%), Vitamin B5: 0.39mg (3.87%), Calcium: 36.22mg (3.62%), Magnesium: 14mg (3.5%), Zinc: 0.47mg (3.13%), Folate: 11µg (2.75%), Potassium: 81.33mg (2.32%), Fiber: 0.45g (1.81%), Vitamin B6: 0.03mg (1.74%)