



Chocolate Buttercream

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



384 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter softened
- ☐ 3 oz cream cheese
- ☐ 6 oz chocolate chips dark
- ☐ 0.3 cup milk
- ☐ 16 oz powdered sugar
- ☐ 1 teaspoon vanilla extract

Equipment

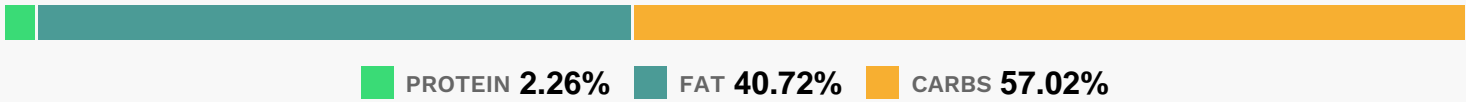
- ☐ bowl

- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Beat butter and cream cheese at medium speed with an electric mixer until creamy. Gradually add powdered sugar, beating at low speed until blended. Increase speed to medium, and slowly add milk and vanilla, beating until smooth.
- ☐ Microwave dark chocolate morsels in a microwave-safe bowl at MEDIUM 1 1/2 to 2 minutes or until melted and smooth, stirring at 30-second intervals. Gradually add melted chocolate to butter mixture; beat until blended and smooth.
- ☐ Note: For testing purposes only, we used Nestl Chocolatier Dark Chocolate Morsels.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:2.6095651974497%

Nutrients (% of daily need)

Calories: 384.26kcal (19.21%), Fat: 17.67g (27.18%), Saturated Fat: 12.6g (78.74%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 55.01g (20%), Sugar: 50.83g (56.48%), Cholesterol: 33.89mg (11.3%), Sodium: 121.15mg (5.27%), Alcohol: 0.14g (100%), Alcohol %: 0.2% (100%), Protein: 2.21g (4.41%), Vitamin A: 409.44IU (8.19%), Calcium: 70.51mg (7.05%), Zinc: 0.68mg (4.55%), Vitamin B2: 0.07mg (4.18%), Vitamin E: 0.61mg (4.04%), Phosphorus: 39.44mg (3.94%), Potassium: 132.27mg (3.78%), Selenium: 2.12µg (3.02%), Fiber: 0.65g (2.59%), Vitamin K: 2.3µg (2.19%), Vitamin B5: 0.21mg (2.11%), Vitamin B12: 0.12µg (1.98%), Magnesium: 7.9mg (1.97%), Copper: 0.04mg (1.81%), Vitamin B6: 0.03mg (1.55%), Vitamin B1: 0.02mg (1.53%), Iron: 0.26mg (1.44%), Manganese: 0.03mg (1.39%), Folate: 4.68µg (1.17%)