



Chocolate Buttercream Frosting

 **Gluten Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



2719 kcal

FROSTING

ICING

Ingredients

- 1 pound bittersweet chocolate
- 0.3 teaspoon cream of tartar
- 3 tablespoons rum dark
- 0.8 cup egg whites at room temperature (4 to 5 extra-large eggs)
- 1.5 cups granulated sugar
- 3 teaspoons espresso powder dissolved in 1 1/2 teaspoons water instant
- 0.8 teaspoon kosher salt
- 12 ounces bittersweet chocolate

- 1.5 pounds butter unsalted at room temperature
- 3 teaspoons vanilla extract pure

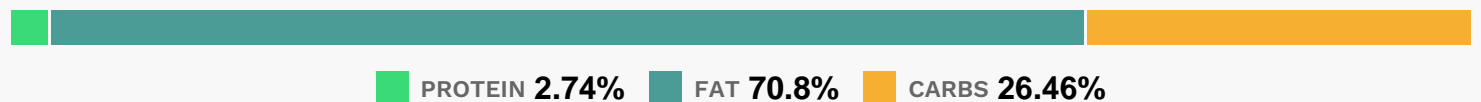
Equipment

- bowl
- frying pan
- whisk
- hand mixer

Directions

- Watch how to make this recipe.
- Chop the chocolates and place them in a heat-proof bowl set over a pan simmering water. Stir until melted and set aside until cooled to room temperature.
- Mix the egg whites, sugar, cream of tartar, and salt in the bowl of an electric mixer fitted with a whisk attachment.
- Place the bowl of egg whites over the pan of simmering water and heat the egg whites until they are warm to the touch, about 5 minutes. Return the bowl to the electric mixer and whisk on high speed for 5 minutes, or until the meringue is cool and holds a stiff peak.
- Add the butter, 1 tablespoon at a time, while beating on medium speed. Scrape down the bowl, add the melted chocolate, vanilla, espresso, and rum, if using, and mix for 1 minute or until the chocolate is completely blended in. If the buttercream seems very soft, allow it to cool, and beat it again.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:52.36, Inflammation Score:-10, Nutrition Score:36.397825914881%

Nutrients (% of daily need)

Calories: 2718.8kcal (135.94%), Fat: 214.31g (329.71%), Saturated Fat: 131.1g (819.36%), Carbohydrates: 180.22g (60.07%), Net Carbohydrates: 164.34g (59.76%), Sugar: 148.5g (165.01%), Cholesterol: 377.62mg (125.87%),

Sodium: 551.72mg (23.99%), Alcohol: 4.79g (100%), Alcohol %: 1.2% (100%), Caffeine: 194.21mg (64.74%), Protein: 18.65g (37.3%), Manganese: 2.67mg (133.38%), Copper: 2.53mg (126.29%), Magnesium: 360.51mg (90.13%), Vitamin A: 4349.95IU (87%), Iron: 12.7mg (70.56%), Fiber: 15.88g (63.5%), Phosphorus: 566.53mg (56.65%), Selenium: 28.03µg (40.04%), Potassium: 1304.03mg (37.26%), Zinc: 5.45mg (36.3%), Vitamin E: 5.12mg (34.11%), Vitamin K: 26.21µg (24.96%), Vitamin B2: 0.37mg (21.95%), Vitamin D: 2.55µg (17.01%), Calcium: 169.47mg (16.95%), Vitamin B12: 0.69µg (11.46%), Vitamin B3: 2.01mg (10.04%), Vitamin B5: 0.87mg (8.71%), Vitamin B1: 0.07mg (4.99%), Vitamin B6: 0.08mg (3.8%), Folate: 6.93µg (1.73%)