



Chocolate-Coffee Buttercream Filling

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



387 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.7 cup butter softened
- ☐ 1 tablespoon cocoa
- ☐ 2 teaspoons rum / brandy / coffee liqueur
- ☐ 2 teaspoons coffee granules instant
- ☐ 2.5 cups powdered sugar
- ☐ 0.5 cup whipping cream

Equipment

- ☐ hand mixer

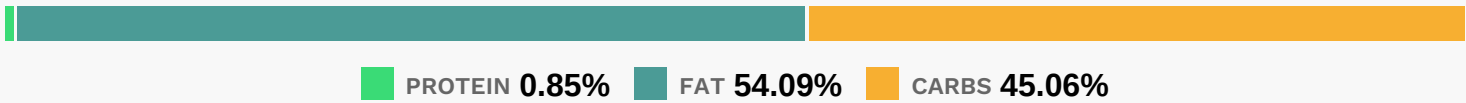
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microwave

Directions

- ☐ Beat first 3 ingredients at medium speed with an electric mixer until fluffy.
- ☐ Microwave whipping cream at MEDIUM (50% power) until warm (do not boil). Stir together warm cream and coffee granules until dissolved; cool.
- ☐ Add whipping cream mixture and liqueur to butter mixture, beating until smooth.
- ☐ *Note: 1 teaspoon vanilla extract may be substituted for liqueur.

Nutrition Facts



Properties

Glycemic Index:7.14, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:1.9473913062526%

Flavonoids

Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 387.06kcal (19.35%), Fat: 23.77g (36.57%), Saturated Fat: 15.08g (94.26%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 44.3g (16.11%), Sugar: 43.1g (47.89%), Cholesterol: 65.69mg (21.9%), Sodium: 144.83mg (6.3%), Alcohol: 0.31g (100%), Alcohol %: 0.47% (100%), Caffeine: 10.61mg (3.54%), Protein: 0.84g (1.69%), Vitamin A: 790.16IU (15.8%), Vitamin E: 0.66mg (4.39%), Vitamin B2: 0.05mg (2.91%), Phosphorus: 21.16mg (2.12%), Vitamin K: 2.08µg (1.98%), Calcium: 18.15mg (1.82%), Vitamin D: 0.27µg (1.81%), Manganese: 0.03mg (1.71%), Copper: 0.03mg (1.62%), Selenium: 1.12µg (1.6%), Magnesium: 6.12mg (1.53%), Potassium: 43.17mg (1.23%), Vitamin B12: 0.06µg (1.07%), Fiber: 0.26g (1.06%)