



## Chocolate Sour Cream Frosting

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



1476 kcal

FROSTING

ICING

### Ingredients

- 1.3 pounds chocolate finely chopped
- 10 ounces bittersweet chocolate finely chopped
- 3 cups cream sour
- 2 teaspoons vanilla

### Equipment

- bowl
- sauce pan
- whisk

double boiler

## Directions

- Melt chocolates in a double boiler or a large metal bowl set over a saucepan of simmering water, stirring occasionally.
- Remove bowl from heat, then whisk in sour cream and vanilla. Cool to room temperature, stirring occasionally (frosting will become thick enough to spread). You must work quickly and spread the frosting before it becomes too thick. (If icing does become stiff, reheat over simmering water, then cool and try again.)

## Nutrition Facts

 **PROTEIN 3.6%**  **FAT 62.85%**  **CARBS 33.55%**

## Properties

Glycemic Index:10.65, Glycemic Load:33.15, Inflammation Score:-9, Nutrition Score:27.778260661208%

## Nutrients (% of daily need)

Calories: 1476.33kcal (73.82%), Fat: 109.1g (167.84%), Saturated Fat: 61.5g (384.37%), Carbohydrates: 131.01g (43.67%), Net Carbohydrates: 117.54g (42.74%), Sugar: 105.12g (116.81%), Cholesterol: 106.03mg (35.34%), Sodium: 83.42mg (3.63%), Alcohol: 0.69g (100%), Alcohol %: 0.23% (100%), Caffeine: 154.5mg (51.5%), Protein: 14.08g (28.15%), Copper: 1.73mg (86.53%), Manganese: 1.66mg (83.14%), Magnesium: 302.4mg (75.6%), Fiber: 13.47g (53.86%), Phosphorus: 523.86mg (52.39%), Iron: 8.51mg (47.3%), Vitamin B2: 0.67mg (39.21%), Zinc: 4.58mg (30.51%), Potassium: 1031.51mg (29.47%), Calcium: 252.41mg (25.24%), Selenium: 16.3µg (23.29%), Vitamin A: 1110.11IU (22.2%), Vitamin K: 16.62µg (15.83%), Vitamin E: 1.44mg (9.61%), Vitamin B5: 0.89mg (8.94%), Vitamin B3: 1.71mg (8.56%), Vitamin B12: 0.49µg (8.16%), Vitamin B6: 0.16mg (7.81%), Vitamin B1: 0.09mg (5.72%), Folate: 14.6µg (3.65%), Vitamin C: 1.55mg (1.88%)