



Chocolate Sour Cream Frosting - Makes 4 Cups

 Gluten Free

READY IN



30 min.

SERVINGS



45

CALORIES



131 kcal

FROSTING

ICING

Ingredients

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

Equipment

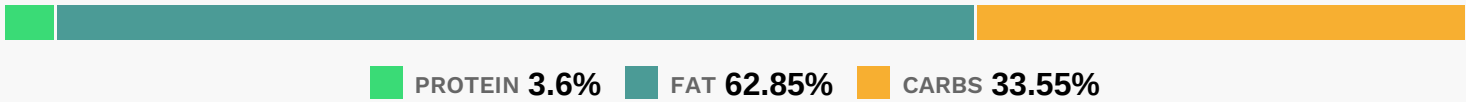
- ☐ bowl
- ☐ sauce pan

- ☐ 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



Properties

Glycemic Index:0.95, Glycemic Load:2.95, Inflammation Score:-2, Nutrition Score:2.468695619184%

Nutrients (% of daily need)

Calories: 131.23kcal (6.56%), Fat: 9.7g (14.92%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 10.45g (3.8%), Sugar: 9.34g (10.38%), Cholesterol: 9.42mg (3.14%), Sodium: 7.42mg (0.32%), Alcohol: 0.06g (100%), Alcohol %: 0.23% (100%), Caffeine: 13.73mg (4.58%), Protein: 1.25g (2.5%), Copper: 0.15mg (7.69%), Manganese: 0.15mg (7.39%), Magnesium: 26.88mg (6.72%), Fiber: 1.2g (4.79%), Phosphorus: 46.57mg (4.66%), Iron: 0.76mg (4.2%), Vitamin B2: 0.06mg (3.49%), Zinc: 0.41mg (2.71%), Potassium: 91.69mg (2.62%), Calcium: 22.44mg (2.24%), Selenium: 1.45µg (2.07%), Vitamin A: 98.68IU (1.97%), Vitamin K: 1.48µg (1.41%)