



Coffee Liqueur Ganache Icing

 Gluten Free

READY IN



15 min.

SERVINGS



10

CALORIES



318 kcal

FROSTING

ICING

Ingredients

- ☐ 12 ounce bittersweet chocolate baking bars finely chopped
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons rum / brandy / coffee liqueur
- ☐ 1.3 cups whipping cream

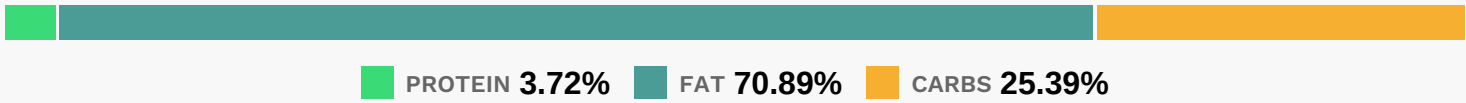
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place chocolate in a bowl.
- ☐ Heat cream in a small saucepan over medium heat just until cream begins to boil.
- ☐ Pour over chocolate in bowl, stirring until smooth. Stir in butter and liqueur.
- ☐ Let mixture stand 45 minutes or until spreading consistency.
- ☐ Note: For testing purposes only, we used Kahla for coffee liqueur.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:6.4017390958641%

Nutrients (% of daily need)

Calories: 318.45kcal (15.92%), Fat: 24.92g (38.33%), Saturated Fat: 15.06g (94.12%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 17.36g (6.31%), Sugar: 14.76g (16.4%), Cholesterol: 38.67mg (12.89%), Sodium: 20.68mg (0.9%), Alcohol: 0.65g (100%), Alcohol %: 1.21% (100%), Caffeine: 29.26mg (9.75%), Protein: 2.94g (5.88%), Manganese: 0.45mg (22.55%), Copper: 0.43mg (21.39%), Magnesium: 61.98mg (15.5%), Iron: 2.18mg (12.11%), Fiber: 2.72g (10.89%), Phosphorus: 106.04mg (10.6%), Vitamin A: 489.32IU (9.79%), Zinc: 0.97mg (6.49%), Potassium: 221.49mg (6.33%), Selenium: 3.76µg (5.38%), Vitamin B2: 0.07mg (4.3%), Calcium: 41.06mg (4.11%), Vitamin E: 0.51mg (3.38%), Vitamin K: 3.5µg (3.33%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.11µg (1.85%), Vitamin B5: 0.18mg (1.79%), Vitamin B3: 0.3mg (1.52%), Vitamin B1: 0.02mg (1.13%), Vitamin B6: 0.02mg (1.1%)