



Foolproof Buttercream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



1555 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup plus light
- ☐ 6 large egg yolks
- ☐ 0.8 cup sugar
- ☐ 1 lb butter unsalted softened (see notes)
- ☐ 2 teaspoons vanilla (see notes)

Equipment

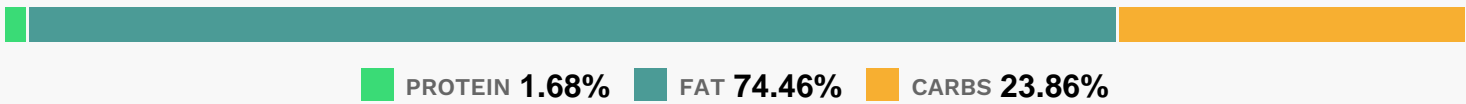
- ☐ bowl
- ☐ frying pan

☐ blender

Directions

- ☐ In a bowl, with a mixer at high speed, beat egg yolks until pale yellow, 4 to 5 minutes.
- ☐ Butter a 2-cup glass measure. In a 2- to 3-quart pan, combine sugar and corn syrup. Set over medium-high heat and stir until sugar is dissolved and mixture comes to a rolling boil. Immediately pour into the buttered glass measure.
- ☐ Beating constantly at medium speed, pour syrup in a thin, steady stream into egg yolks (avoiding beaters). Continue beating until mixture is at room temperature, 7 to 10 minutes.
- ☐ Add butter and vanilla. Beat just until smooth.

Nutrition Facts



Properties

Glycemic Index:29.7, Glycemic Load:43.2, Inflammation Score:-9, Nutrition Score:12.962174069622%

Nutrients (% of daily need)

Calories: 1554.58kcal (77.73%), Fat: 131.92g (202.96%), Saturated Fat: 80.91g (505.71%), Carbohydrates: 95.1g (31.7%), Net Carbohydrates: 95.1g (34.58%), Sugar: 94.17g (104.63%), Cholesterol: 692.27mg (230.76%), Sodium: 68.93mg (3%), Alcohol: 0.92g (100%), Alcohol %: 0.39% (100%), Protein: 6.69g (13.39%), Vitamin A: 4268.7IU (85.37%), Selenium: 21.25µg (30.36%), Vitamin E: 4.39mg (29.23%), Vitamin D: 4.1µg (27.36%), Phosphorus: 169.05mg (16.9%), Vitamin B12: 0.92µg (15.33%), Vitamin B2: 0.24mg (14.29%), Folate: 54.18µg (13.54%), Vitamin B5: 1.18mg (11.84%), Vitamin K: 10.82µg (10.31%), Calcium: 88.33mg (8.83%), Zinc: 1.18mg (7.84%), Vitamin B1: 0.1mg (6.75%), Vitamin B6: 0.12mg (6.21%), Iron: 0.99mg (5.48%), Copper: 0.06mg (2.79%), Potassium: 78.86mg (2.25%), Manganese: 0.03mg (1.64%), Magnesium: 5.61mg (1.4%)