



## German Buttercream Cream Cheese Icing



Vegetarian



Gluten Free

READY IN



21 min.

SERVINGS



90

CALORIES



121 kcal

FROSTING

ICING

### Ingredients

- ☐ 6 tablespoons cornstarch
- ☐ 16 ounces cream cheese room temperature
- ☐ 2 large egg yolks
- ☐ 2 large eggs
- ☐ 1.5 cups granulated sugar
- ☐ 0.3 teaspoon salt to taste
- ☐ 90 servings confectioner's sugar sweet (in case you feel like it's not enough)
- ☐ 16 ounces butter unsalted room temperature

- ☐ 2 teaspoons vanilla extract
- ☐ 16 ounces milk whole

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ blender
- ☐ plastic wrap
- ☐ stand mixer

## Directions

- ☐ In a large sauce pan, bring the milk to a simmer. Meanwhile, in a mixing bowl, whisk together the sugar, cornstarch, eggs, and yolks.
- ☐ Whisk about a half cup of the hot milk into the egg mixture.
- ☐ Whisk in a little more hot milk until the egg mixture is fluid and warm (this tempers the egg).
- ☐ Pour the egg mixture back into the pot of hot milk with the heat set to medium and keep whisking. Once the mixture starts to thicken and bubble, continue whisking and cooking for one minute more to remove the starchy flavor.
- ☐ Remove from heat and pour into the bowl of a stand mixer. Cover with a small sheet of plastic wrap or parchment and let cool completely. This is important. When completely cool, beat the mixture well.
- ☐ Add the butter and cream cheese one tablespoon at a time with the mixer going. Beat in the salt and vanilla. Taste test. If it's not sweet enough for you, you might want to add a little confectioner's sugar. Chill for about 15 minutes. Return to mixer and beat again, then put into your piping bag and pipe cupcakes. Makes about 10 cups

## Nutrition Facts



 PROTEIN 2.32%  FAT 45.18%  CARBS 52.5%

Properties

Glycemic Index:2.28, Glycemic Load:10.87, Inflammation Score:-1, Nutrition Score:0.8134782694928%

Nutrients (% of daily need)

Calories: 120.93kcal (6.05%), Fat: 6.24g (9.6%), Saturated Fat: 3.77g (23.57%), Carbohydrates: 16.31g (5.44%), Net Carbohydrates: 16.3g (5.93%), Sugar: 15.76g (17.51%), Cholesterol: 24.74mg (8.25%), Sodium: 26.72mg (1.16%), Alcohol: 0.03g (100%), Alcohol %: 0.12% (100%), Protein: 0.72g (1.44%), Vitamin A: 213.25IU (4.26%), Vitamin B2: 0.03mg (1.78%), Selenium: 1.24µg (1.77%), Phosphorus: 15.44mg (1.54%), Calcium: 13.58mg (1.36%), Vitamin E: 0.18mg (1.23%), Vitamin D: 0.17µg (1.16%), Vitamin B12: 0.06µg (1.07%)