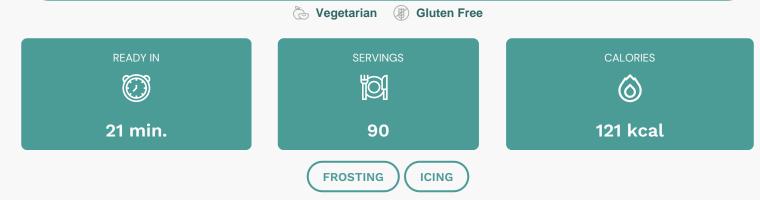


German Buttercream Cream Cheese Icing



Ingredients

6 tablespoons cornstarch
16 ounces cream cheese room temperature
2 large egg yolks
2 large eggs
1.5 cups granulated sugar
O.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

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%)