



Hazelnut Buttercream



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 9 ounces plus 2 tablespoons butter unsalted cut into tablespoons, at room temperature
- ☐ 3 large egg whites
- ☐ 2 tablespoons hazelnut-praline paste (see Note)
- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar
- ☐ 0.5 teaspoon vanilla extract pure

Equipment

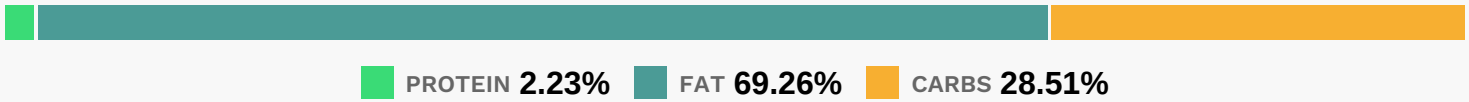
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon

Directions

- ☐ In a blender or food processor, pulse the sugar until powdery.
- ☐ Transfer the sugar to a medium heatproof bowl and whisk in the egg whites and salt. Set the bowl over a saucepan of simmering water and whisk gently until the sugar is completely dissolved, 5 minutes.
- ☐ Transfer the warm egg-white mixture to the bowl of a standing electric mixer fitted with the whisk.
- ☐ Add the vanilla and beat at medium-high speed until stiff and glossy, about 8 minutes. Beat in the butter a few pieces at a time, making sure it is fully incorporated before adding more. The buttercream should be light and fluffy; if it appears runny at any time, transfer the bowl to the freezer for 5 to 10 minutes, then return it to the mixer and continue.
- ☐ Beat in the hazelnut-praline paste until fully incorporated, scraping down the side and bottom of the bowl.
- ☐ Remove the bowl from the mixer and beat with a wooden spoon to remove any air bubbles.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:4.66, Inflammation Score:-1, Nutrition Score:0.67652173259336%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg,

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Nutrients (% of daily need)

Calories: 92.74kcal (4.64%), Fat: 7.33g (11.28%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 6.72g (2.45%), Sugar: 6.72g (7.47%), Cholesterol: 18.29mg (6.1%), Sodium: 79.62mg (3.46%), Alcohol: 0.02g (100%), Alcohol %: 0.15% (100%), Protein: 0.53g (1.06%), Vitamin A: 212.67IU (4.25%), Manganese: 0.04mg (2.1%), Vitamin E: 0.3mg (1.98%), Vitamin B2: 0.02mg (1.14%), Selenium: 0.8µg (1.14%)